



FOR IMMEDIATE RELEASE

## **Elite Cyclist shares how to take life by the handle bars and manage diabetes!**

PARK RAPIDS, MN (July 27, 2015) – CHI St. Joseph's Health will host a free motivational presentation featuring Branden Russell, elite cyclist. Hear Russell's winning message on taking life by the handle bars by living his dream and motivating others with diabetes.

Families and the public are invited to the event to be held at 6 p.m. Thursday, August 13 at CHI St. Joseph's Health D1 Kids Club Community Day, Conference Room/LLA. Learn more about ways you can manage your diabetes by eating well, staying active and monitoring your blood sugar.

CHI St. Joseph's Health D1 Kids Club is a support group designed to help young people with type 1 diabetes and their families better manage this chronic condition.

Russell is an elite cyclist with Team Novo Nordisk, a group of cyclists, triathletes, and runners all living with diabetes. As an avid competitor, Russell faces challenges head on starting when he was diagnosed with type 1 diabetes at age 17.

Never in his wildest dreams had Russell expected to become part of an all-diabetes sports team but because of his enthusiasm for sports and an unwillingness to let diabetes prevent him from pursuing his goals, his cycling career is off to a great start, and he now wants to use this experience to inspire others.

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## **Branden Russell, Elite Cyclist**

### **About CHI St. Joseph's Health**

*CHI St. Joseph's Health is a 25-bed critical access hospital serving communities in Hubbard, Becker, Cass and Wadena Counties since 1946. In recent years, CHI St. Joseph's Health's award-winning teams received several national honors including: The Joint Commission Top Performer on Key Quality Measures in surgery; Top 100 Critical Access Hospital, HealthStrong; WomenCertified's America's Best Hospitals Women's Choice Award in obstetrics; and the Studer Group Fire Starter Healthcare Organization of the Month among other national, regional, and state recognitions.*

### **About CHI**

*Catholic Health Initiatives, one of the nation's largest health systems, was formed in 1996 to strengthen the Catholic health ministry for the future. With deep roots in the tradition of expressing Christ's love by caring for those in need, Catholic Health Initiatives serves more than four million people each year through acute care hospitals; long-term care, assisted and residential-living facilities; community-based health services; home care; research and development; and reference laboratory services.*

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