

**FOR IMMEDIATE RELEASE**

**MEDIA CONTACT:**

**Mary Ann Henker**

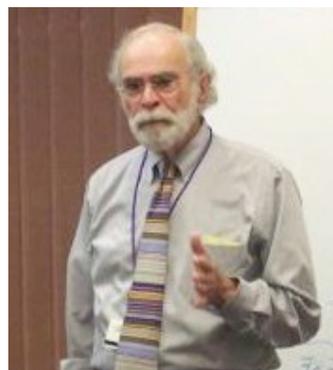
**President**

**The Henker Group**

**Phone: 410.253.7023**

**[mahenker@thehenkergroup.com](mailto:mahenker@thehenkergroup.com)**

**<http://www.thehenkergroup.com>**



*High-resolution photo available.*

Dr. Joseph Napora of the Johns Hopkins Diabetes Center

**Hearthstone Health and Fitness Teams with the Maryland Chapter of the American Diabetes Association to Host Leading Diabetes Licensed Clinical Social Worker During American Diabetes Month**

***Dr. Joseph Napora to Present Discussion on Stress and Metabolism***

**Easton, Maryland – November 5, 2012** – Hearthstone Health and Fitness announces that it has teamed with the Maryland Chapter of the American Diabetes Association to host Joseph Napora, PhD, LCSW-C of the Johns Hopkins Diabetes Center to present a discussion on stress and metabolism on November 15, 2012 at Hearthstone. The discussion is entitled, "Stress and Your Metabolism: Practical Advice for Mastering the Stress Demons That Affect Your Health and Happiness."

Dr. Napora is a clinical social worker who was in private practice in Baltimore for over 38 years specializing in coping with trauma and chronic illness. He has been on the staff of the Johns Hopkins Comprehensive Diabetes Center since it opened in 1984 and the Suburban Hospital Diabetes Center in Bethesda, Md. since it opened in 1999. The enthusiasm of participants in these programs led to his writing "Stress-Free Diabetes: Your Guide to Health and Happiness", published in April 2010 by The American Diabetes Association. In recent years, the conceptualization and practice of mindfulness has been highly regarded in the field of mental health; and in this work, living mindfully is taken to a new and dynamic level.

Dr. Napora has presented numerous workshops and talks to professional and lay audiences. The value of humor in reducing stress and in determining quality of life has been of special interest to him both professionally and personally. He has also written several magazine articles, and he was the coauthor of three chapters in "A Core Curriculum for Diabetes Educators," 4th Edition, American Association of Diabetes Educators, Chicago, 2001.

Hearthstone's President and CEO, Dave Tuthill says, "We are honored to have teamed with the Maryland Chapter of the American Diabetes Association in presenting Dr. Napora to our Hearthstone audience. We thank Kathy Rogers, the executive director of the Maryland Chapter for her ongoing help in elevating the local awareness of the ever-widening reach that diabetes has within Talbot County."

Kathy Rogers, the executive director for the American Diabetes Association, Maryland Chapter remarks, "The group at Hearthstone does remarkable work on many levels but it is their special interest in helping those with diabetes that makes them stand out. As November is American Diabetes Month, we wanted to make sure we brought a leading Maryland speaker on this disease to the eastern shore."

Hearthstone will be awarding copies of Dr. Napora's book to selected attendees that evening. This lecture will be free to all Hearthstone members and also to members of the American Diabetes Association (ADA) as well as to riders of the 2012 ADA Tour de Cure bike ride. All other proceeds from the evening will be donated to the American Diabetes Association. Contact Hearthstone at 410.690.3838 to reserve a space at the discussion.

**About Hearthstone Health and Fitness**

Hearthstone Health and Fitness, Inc. ("Hearthstone") is the mid-Shore's pre-eminent health and fitness facility offering programs for every type of person from those athletes seeking to improve their performance to those who have never exercised and are looking to improve their health and fitness. The Hearthstone concept is a "lifestyle" concept with the facility striving to touch the

lives of their clients on a 24/7 basis through the employment of fitness training, life coaching, nutritional coaching, meals-to-go and other health-related educational opportunities. Hearthstone's credentialed staff will work with members to help them achieve their health goals. The facility provides state-of-the-art equipment and the latest in technology to help members see how their body responds, from the inside out, to focused exercise and a regimen of healthy eating. To learn more about Hearthstone, please visit <http://www.hearthstonehealthandfitness.com> or contact Dave Tuthill, president at [Dave@HearthstoneHealthandFitness.com](mailto:Dave@HearthstoneHealthandFitness.com) or 410.690.3838.

### END ###