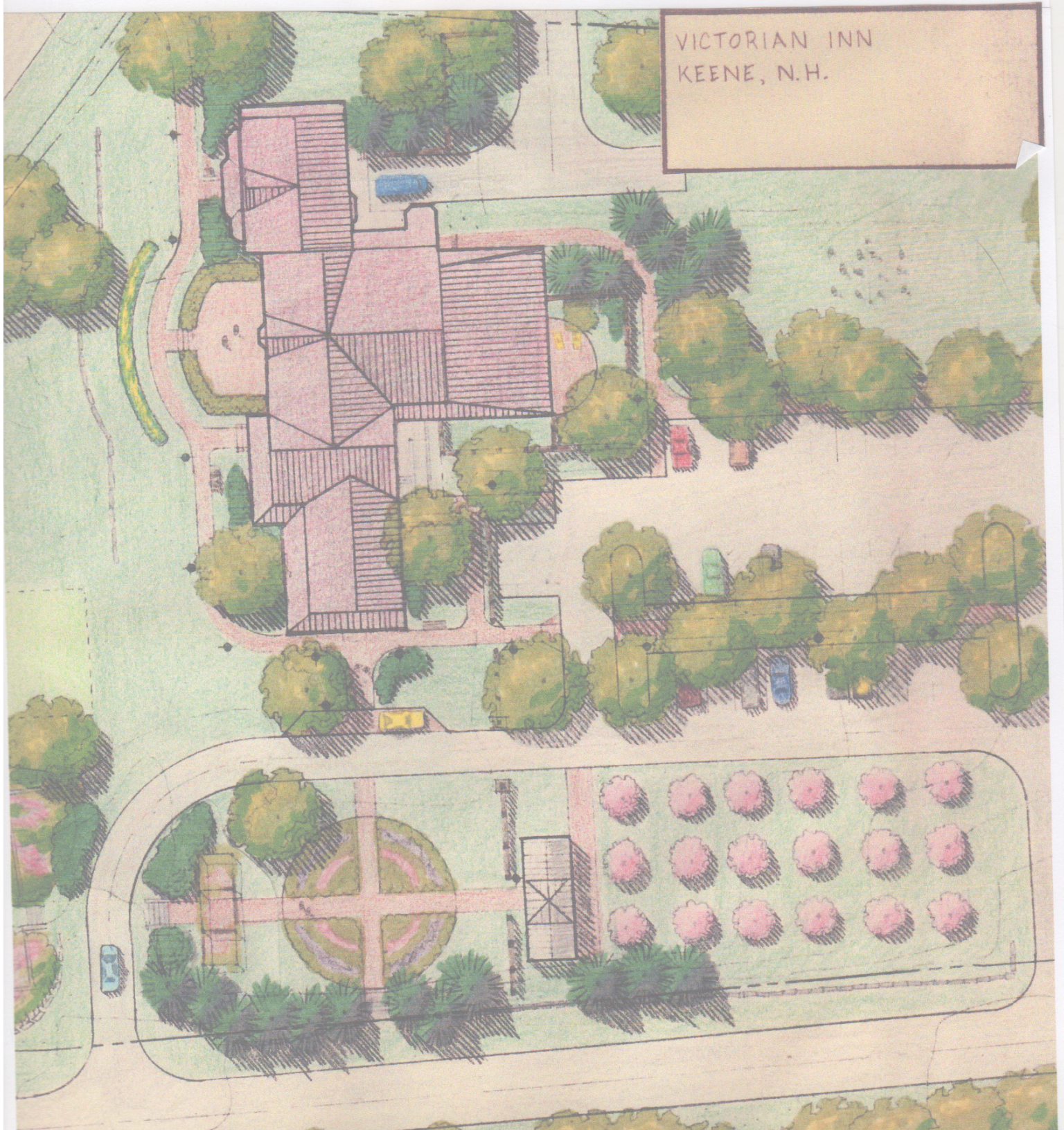


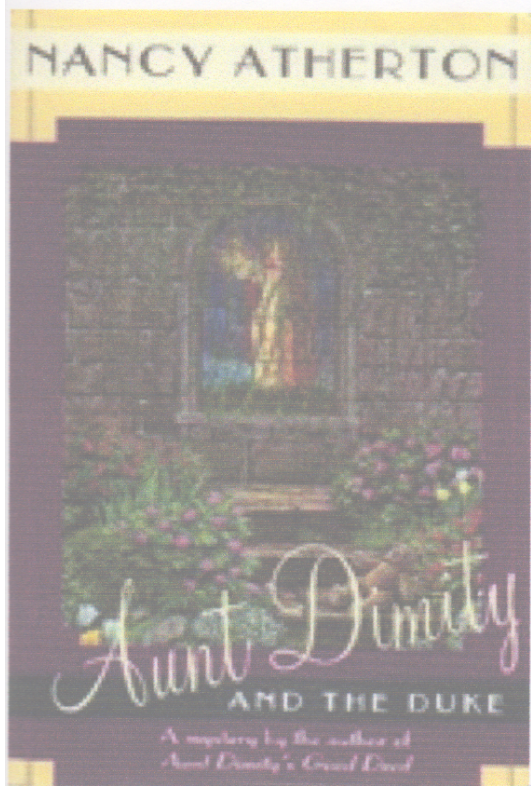
FIJAGDH, continued

- I studied Landscape Design for several years and almost completed the certificate program at Radcliffe Seminars. (Never fulfilled the Independent Project requirement, sigh.)



FIJAGDH, continued

- I am the model for the character of Emma in Nancy Atherton's *Aunt Dimity* series.
- I am a volunteer guide at Garden in the Woods, a native plant garden run by the New England Wild Flower Society.
- I have been an experimental subject in the Diabetes Prevention Program since 1999. I was randomized into the "lifestyle" group, lost a lot of weight, and have not yet developed diabetes.



Garden in the Woods

Open Tuesday through Sunday and holiday Mondays, 9 a.m. - 5 p.m. through October 31.

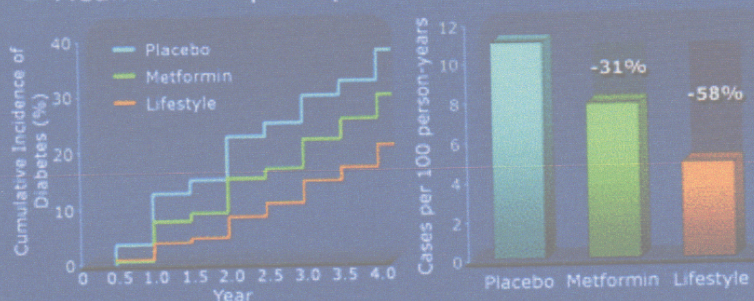
Directions to Garden in the Woods via Google Maps.

Only 21 miles from Boston, Garden in the Woods is a magical spot unlike any other botanic garden. With sharp, glacier-made ridges spilling into narrow valleys, its two miles of meandering paths lead through a towering canopy of trees to a pond, a wooded bog, numerous springs.



Diabetes Prevention Program (DPP)

- 3,234 individuals at risk for diabetes
- Randomized to placebo, metformin or lifestyle modification
- Mean follow-up 2.8 years



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