



TAKING CONTROL OF YOUR DIABETES

Education. Motivation. Empowerment.

2019 CONFERENCE SCHEDULE

2/9	BELLEVUE, WA	6/22	ALBANY, NY
3/30	SANTA CLARA, CA	9/7	MISSOULA, MT
4/27	HONOLULU, HI	10/12	SAN DIEGO, CA
5/11	RALEIGH, NC	11/2	CHARLOTTE, NC

Our mission is to encourage people with diabetes to take a more active role in their health through education, motivation, empowerment and perhaps most importantly...**HUMOR!**

990 Highland Drive, Suite 312, Solana Beach, CA 92075

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PAID
San Diego CA
Permit no 1



THE MOST **UPLIFTING DIABETES** CONFERENCE YOU'LL **EVER ATTEND**

**SATURDAY
MAY 11, 2019**

Raleigh Convention Center
Raleigh, NC

tcoyd.org/raleigh



Taking Control Of Your Diabetes is a 501(c)(3) Nonprofit Charitable Educational Organization

ATTEND OUR **LIFE-CHANGING** Diabetes Conference & Health Fair

for Type 1s, Type 2s & Those Who Care

(Medical Professionals, check out our list of accredited CME programs at TCOYD.org/cme.)

CUTTING EDGE
DIABETES EDUCATION



HANG WITH PEEPS
WHO TOTALLY GET YOU



ONE-ON-ONE
CONSULTATIONS



INTERACTIVE HEALTH FAIR
WITH GIVEAWAYS



SNACKS AND LUNCH INCLUDED



WORLD'S BEST
DIABETES SPEAKERS



LIFESTYLE COACHES
AND FITNESS EXPERTS



FREE
HEALTH
SCREENINGS



TRANSFORM THE WAY YOU LIVE WITH **DIABETES**

TAKING CONTROL OF YOUR DIABETES
IS A 501(C)(3) NONPROFIT ORGANIZATION

TCOYD
TAKING CONTROL OF YOUR DIABETES

REGISTER NOW!
tcoyd.org/raleigh
800.998.2693

\$25 PER
PERSON
THRU MAY 7!
\$20 pp for 2 or more | \$35 pp at the door

SATURDAY, MAY 11, 2019
9AM - 5PM | Raleigh Convention Center
500 S. Salisbury Street, Raleigh, NC 27601

MORNING SESSIONS

- 7:30 – 9:00AM Registration/Check-In & Health Fair Open
 9:00 – 10:10AM Conquering Diabetes...I Get a Good Feeling
An informative and entertaining overview of diabetes
 10:10 – 10:40AM Diabetes for the Encouraged and Discouraged
The emotional side of diabetes

MORNING BREAK

- 10:40 – 11:30AM Visit Health Fair & Enjoy Refreshments (included)

MID MORNING SESSIONS

- 11:30 – 12:30PM Divide into Type 1 and Type 2 Tracks
- Type 1 Track** Words of Wisdom from Real Life Type 1s and Medical Pros
A panel discussion focused on living life successfully with T1D
- Type 2 Track** Trifecta for Type 2s: Medications, Nutrition, and Exercise
Type 2 treatment options and healthy lifestyle choices

LUNCH

- 12:30 – 1:30PM Healthy and Tasty Lunch (included)

AFTERNOON WORKSHOPS

- 1:30 – 4:30PM Pick and Choose
- Type 1 Topics**
- CGM, Insulin Pumps, Smart Pens, Artificial Pancreas
 - Basal Insulins, Ultra Rapid Insulins, Other Therapies
 - Burnout, Complications and more
- Type 2 Topics**
- Medications, Treatments, Meters, CGM
 - Preventing and Treating Complications
 - Women's Health & Men's Health
 - Creating Healthy Habits: Fitness, Weight Loss, What to Eat
- Type 3 Topics**
- Supporting Your Loved One with Diabetes
 - How Not to Be the Diabetes Police & Diabetes Etiquette
 - Cooking Classes and more

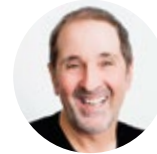
CLOSING SESSION

- 4:30 – 5:00PM Riding On Insulin
Professional snowboarder Sean Busby shares his inspirational story



*STEVEN EDELMAN, MD

Endocrinologist, Founder & Director, TCOYD
 Clinical Professor of Medicine, UCSD School of Medicine,
 Director, Diabetes Care Clinic, VA Medical Center San Diego



WILLIAM POLONSKY, PHD, CDE

Clinical Psychologist
 Founder & CEO, Behavioral Diabetes Institute



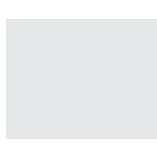
JOHN BUSE, MD, PHD

Director, Diabetes Care Center; Chief of the Division of Endocrinology,
 Executive Associate Dean for Clinical Research and Professor,
 UNC School of Medicine



ABBIE SMITH-RYAN, PHD

Associate Professor, Exercise Physiology; Director, Applied
 Physiology Laboratory; Co-Director, Human Performance,
 Department of Exercise and Sport Science, UNC



*SEAN BUSBY

Professional Backcountry Snowboarder
 Founder and Executive Director; Riding On Insulin

**Extra relatable faculty (they're living well with diabetes).*



TRICIA SANTOS, MD

Endocrinologist, National Co-Director, TCOYD
 Associate Clinical Professor of Medicine, UCSD School of Medicine



*CHEF ROBERT LEWIS

Chef, Cookbook Author, Founder, *The Happy Diabetic*



ELIZABETH HOLT, MD

Endocrinologist, Raleigh Endocrine Associates; Assistant Consulting
 Professor of Medicine, Duke University School of Medicine

ENGAGING & INTERACTIVE HEALTH FAIR

a variety of **exhibitors**
& **diabetes specialists**
ready to answer **your** questions



Ask A Specialist – One-on-one diabetes expert consultations

Important Health Screenings – Variety of complimentary health screenings

Fun Fitness – Try new ways to be active without the gym

State-of-the art device companies

Cooking Demos – Healthy & delicious, our experts will teach you how it's done

Innovative pharmaceuticals & treatment options

Local Support programs

Healthy Lifestyle options

ARE YOU A MEDICAL PROFESSIONAL?

Register for our 6.25 accredited CME program! Same day, same location, \$50. (tcoyd.org/cme)

FINANCIAL AID & DONATIONS

Can't make it due to costs? Call us about our financial assistance program!

Please help us keep our registration fees low. While we charge only \$25 per person, it costs TCOYD approximately \$175 per person to put on this conference.

We greatly appreciate your support for helping to underwrite the cost of this event. Any dollar amount helps, and all donations are tax deductible!

EXHIBITORS & SPONSORS



CHECK TCOYD.ORG FOR AN UP-TO-DATE LIST OF SPONSORS

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