



TAKING CONTROL OF YOUR DIABETES

Education. Motivation. Empowerment.

2019 CONFERENCE SCHEDULE

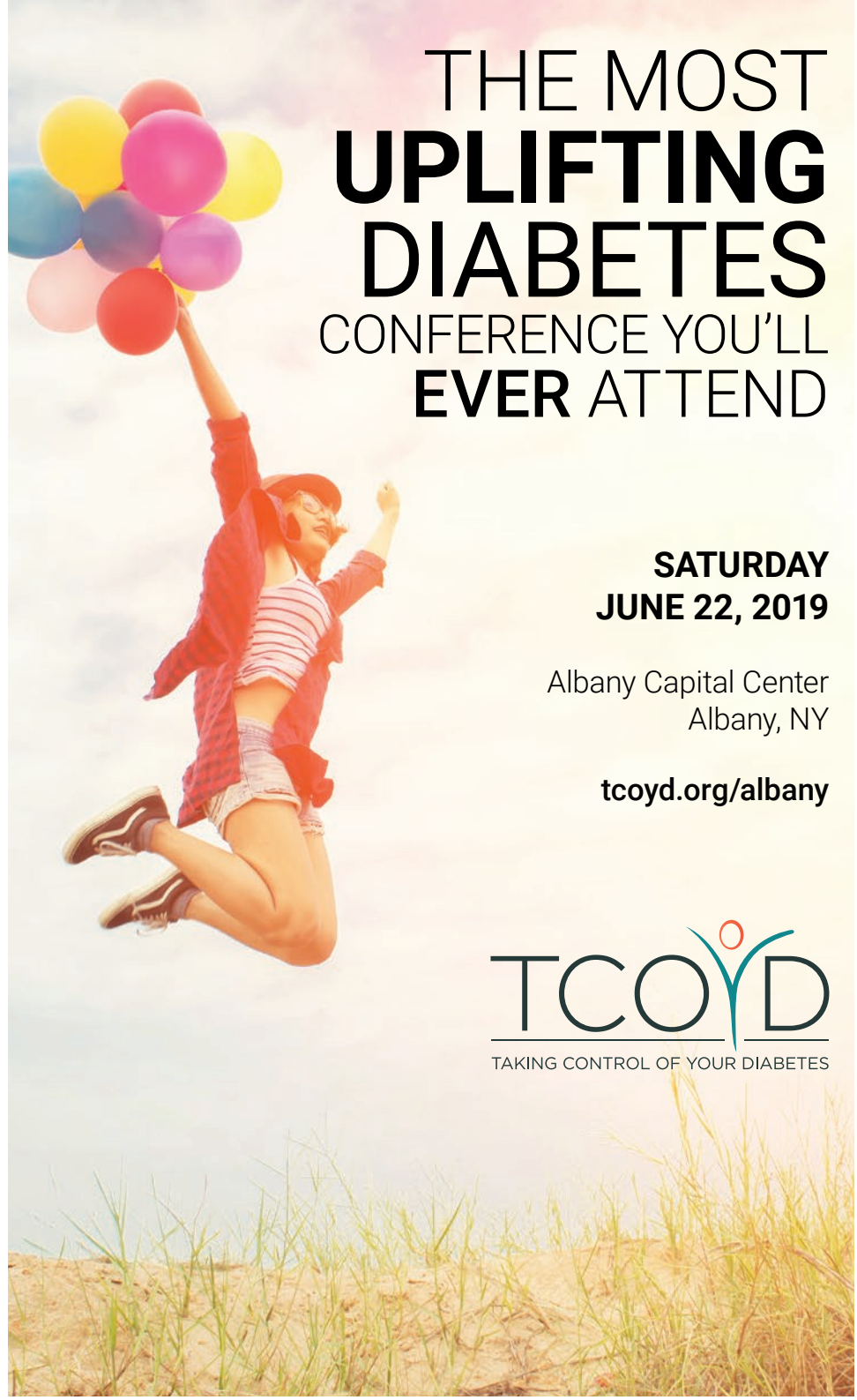
2/9	BELLEVUE, WA	6/22	ALBANY, NY
3/30	SANTA CLARA, CA	9/7	MISSOULA, MT
4/27	HONOLULU, HI	10/12	SAN DIEGO, CA
5/11	RALEIGH, NC	11/2	CHARLOTTE, NC

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



THE MOST UPLIFTING DIABETES CONFERENCE YOU'LL EVER ATTEND

**SATURDAY
JUNE 22, 2019**

Albany Capital Center
Albany, NY

tcoyd.org/albany

TCOYD
TAKING CONTROL OF YOUR DIABETES

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/albany
800.998.2693

\$25 PER
PERSON
THRU JUNE 18!
\$20 pp for 2 or more | \$35 pp at the door

SATURDAY, JUNE 22, 2019
9AM - 5PM | Albany Capital Center
55 Eagle Street, Albany, New York 12207

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
- Preventing and Treating Complications
- Creating Healthy Habits: Fitness, 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 Thriving, Inspiring and Improving Life with Diabetes
Alicia McAuliffe-Fogarty shares her wisdom of living well with diabetes



*STEVEN EDELMAN, MD

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

SCHAFER BOEDER, MD

Endocrinologist, Type 1 Track Co-Director, TCOYD
Assistant Professor of Medicine, UCSD School of Medicine



IAN BLUMER, MD, FRCPC

National TCOYD Speaker; Endocrinologist
Charles H. Best Centre, University of Toronto

WILLIAM POLONSKY, PHD, CDE

Clinical Psychologist
Founder & CEO, Behavioral Diabetes Institute



*CHEF ROBERT LEWIS

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

ROBERT BUSCH, MD

Endocrinologist, Albany Medical Center



*CONNIE HANHAM-CAIN, MSN, RN, CDE

Diabetes Nurse Specialist, Certified Diabetes Educator, Healthy
Diabetes Concepts: Education, Advocacy, Support

*ALICIA MCAULIFFE-FORGARTY, PHD, CPSYCHOL

Vice President, T1D Exchange - patient-centered research;
Founder, Circle of Life Camp - for kids with diabetes;
Past Vice President, Lifestyle Management, American Diabetes Association



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

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 5.75 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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