



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!**

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

THE MOST UPLIFTING DIABETES CONFERENCE YOU'LL EVER ATTEND

**SATURDAY
NOVEMBER 2, 2019**

Charlotte Convention Center
Charlotte, NC

tcoyd.org/charlotte



TAKING CONTROL OF YOUR DIABETES



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

Nonprofit Org
US Postage
PAID
San Diego CA
Permit no 1

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**

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IS A 501(C)(3) NONPROFIT ORGANIZATION

TCOYD
TAKING CONTROL OF YOUR DIABETES

REGISTER NOW!
tcoyd.org/charlotte
800.998.2693

\$25 PER PERSON
THRU OCT 29!
\$20 pp for 2 or more, thru Oct 29.
\$35 pp at the door.

SATURDAY, NOVEMBER 2, 2019
9AM - 5PM | Charlotte Convention Center
501 South College Street, Charlotte, NC 28202

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

- *Inhaled and Other Newer Insulins*

- *CGM and Pumps*

- *Hypoglycemia*

- *The Good the Bad and the Ugly Sides of Diabetes*

- *The Artificial Pancreas and other Newsworthy*

Highlights for Type 1s

Type 2 Topics

- *Why Weight? Medical versus Surgical Options*

- *Cooking Classes*

- *Cardiovascular Care*

- *Meters and Continuous Glucose Monitoring*

- *Type 2 Treatments, Including Insulin*

- *What do Patients and Providers Get Wrong About Each Other?*

Type 3 Topics

- *Diabetes Etiquette*

- *Supporting Your Loved One with Diabetes*

CLOSING SESSION

4:30 – 5:00PM

Balancing Diabetes: A Conversation About Finding Happiness and Living Well

Author Kerri Sparling shares her humorous and inspiring story



*STEVEN EDELMAN, MD

Endocrinologist, Founder & Director, TCOYD

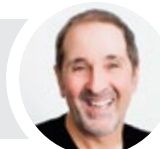
Clinical Professor of Medicine, UCSD School of Medicine,

Director, Diabetes Care Clinic, VA Medical Center San Diego

WILLIAM POLONSKY, PHD, CDE

Clinical Psychologist

Founder & CEO, Behavioral Diabetes Institute



*CHEF ROBERT LEWIS

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

EUGENE WRIGHT, JR., MD

Consulting Associate, Dept of Medicine and Community and Family Medicine, Duke Southern Regional AHEC, Fayetteville, NC



*KERRI SPARLING

Author, Creator of SixUntilMe.com

Speaker, Tandem Diabetes Care's Speaker Series

CYNDI HOFFMAN, FNP

Nurse Practitioner, Charlotte Medical Clinic
Endocrinology, Atrium Health



ELAINE MEJIA, PA-C

Physician Assistant, Endocrinology - Randolph, Novant Health

GARY ROLBAND, MD

Endocrinologist, Tryon Medical Partners



**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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