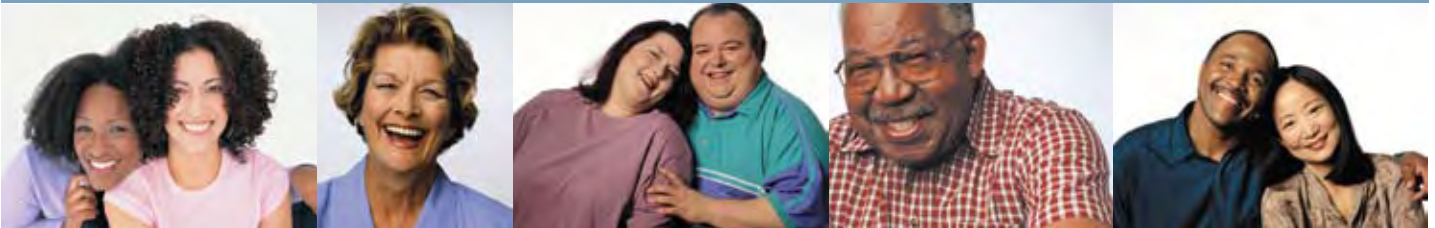




we're here for you



learn how

BDI is making a difference
in the lives of those living
with diabetes

We could provide you with a comprehensive outcomes analysis that assesses our various programs and resources. Instead, why not hear directly from a few individuals who have participated in one or more of our workshops and classes? We're confident that you will be impressed.



JOAN REDER
Inspired to Create and Lead

Who would have guessed that after 30+ years of type 1 diabetes, Joan Reder would have changed her attitude about her disease? Joan notes, "Since I became involved in BDI, I no longer see diabetes as an adversary anymore – we are now partners. I am no longer angry that I have diabetes. I have stopped cursing my mother (who was also Type 1) and God for giving me this disease. And, because BDI has helped me to pay more attention to my diabetes management, my A1c went from 8.1 to 7.2." After being involved with BDI for a number of years, Joan was inspired to co-develop a new mentoring program for BDI called DiaBuddies. "BDI helped me to find my purpose in life -- to help others with diabetes deal with their disease. I wish that every person with diabetes in San Diego would make use of BDI's programs."

MARY HYDE
From Participant to Mentor

Even though Mary Hyde has only been involved in BDI for six months, she has benefited enormously from its programs – especially the diabetes/depression workshop series. Stated Mary, "BDI has provided me with the tools to reduce my stress levels and bring down my A1c a full point from 7.5 to 6.5. I continue to apply the tools I learned to control my type 2 diabetes in my daily life. In particular, the thought record exercise really worked like magic for me. I attribute much of my success to the overall camaraderie of our discussion group which provided me the opportunity to express my burdens to others who understand my feelings." Mary must be a believer – she is now serving as a mentor to others through the DiaBuddies!