



**BDI programs fill up fast,
and class sizes are limited.
NOW is the time to sign-up for
a life-changing workshop
designed specifically for
adults with diabetes.**

REGISTER TODAY!

Workshops are limited to adults with diabetes and their loved ones. Group size is limited, so register early!

Tuition is payable in advance by check, cash or money order.

BDI does not accept credit cards at this time. Registration and payment must be completed before day of workshop.

Register by phone, email or mail.

BDI is a 501(c)3 nonprofit organization.

Mailing address:

The Behavioral Diabetes Institute
ATTN: Registration
P.O. Box 501866
San Diego, CA 92150-1866

Telephone: (858) 336-8693

Fax: (858) 672-2963

Email: nmc@behavioraldiabetes.org

www.behavioraldiabetes.org

Total Amount Enclosed:

\$ _____

Privacy Promise:

Your information is confidential and will not be released to a third party.

Spring 2009 Workshops!

SEASON KICKOFF – FREE INTRODUCTORY LECTURE

The Behavioral Diabetes Institute’s Spring 2009 program season kicks off on January 6th with the **introductory lecture for the Depression/Diabetes Connection series**. This intro lecture is free and open to anyone who wants to know more about living with diabetes and depression.

FREE DIABETES AND ADDICTION ROUNDTABLE

Highlights of BDI’s Spring 2009 season also includes the **free lecture event: A Roundtable Discussion: Diabetes and Addiction** a candid look into the isolating and dangerous combination of diabetes and an alcohol or drug problem.

BACK BY POPULAR DEMAND

Men With Diabetes: Time for Some Honest Discussion, a workshop/discussion group designed to address the concerns of men with diabetes, and **Just for Parents**, a program for the parents of children with diabetes. All of BDI’s programs are offered at little or no cost, and physician referrals are never required.

Yes, I would like to register now for:

The Depression/Diabetes Connection Introduction – no cost

Tue, Jan 6, 2009 or Tuesday, April 21, 2009

The Depression/Diabetes Connection Six-Week Series

\$10/person for the 6-week program

Tue, Jan 13 - Feb 17, 2009 or Tue, Apr 28 – Jun 2, 2009

Getting on Track for Type 1 and 2 (for all people with diabetes)

\$10/person (includes lunch)

Sat, Jan 17, 2009 or Sat, Mar 21, 2009

Getting on Track for Type 1 only – \$10/person (includes lunch)

Sat, May 23, 2009

Men With Diabetes: Time for Some Honest Discussion – no cost, but registration if required.

Thur, Mar 19, 2009

Just for Parents – \$10/person

Sat, Feb 21, 2009

Name _____

Address _____

Email* (required for email confirmation) _____

Please send me an email confirmation*, with directions before the workshop

Telephone (_____) _____

