



Saturday
November 22, 2008!

The BDI will join over 60 national and local diabetes-related organizations at the TCOYD Conference, Banquet Lunch and Health Fair at the San Diego Convention Center

**Saturday
November 22, 2008
8:30 a.m. - 5:00 p.m.**

- * Ask Questions
- * Sign up for Workshops
- * Learn about DiaBuddies Mentor Program
- * Pick up a New Spring 2009 Program Schedule



**FREE
"News Flash"
Tee Shirt
to First
400 Visitors!**

*one shirt per person, please

Early registration fees are \$35 per person. Registration fees include lunch, healthy snacks, all conference activities and materials. Onsite registration begins at 7:30 a.m. and costs \$40. To register or get more information, call TCOYD at 800-998-2693 or visit www.tcoyd.org.

The Taking Control of Your Diabetes (TCOYD) Health Fair Conference

brings national and local medical experts in diabetes care to people with all types of diabetes, those at risk for diabetes, and their loved ones for a day of highly informative and motivational programs!

TCOYD participants can hear lectures, participate in screenings, experiment with some different forms of exercise, and speak one-on-one with diabetes specialists including physicians, exercise physiologists, psychologists, pediatricians, researchers, attorneys, dietitians, pharmacists, podiatrists and surgeons.

Be sure to catch BDI Founder and CEO, William H. Polonsky, PhD, CDE, and BDI's Director of Clinical Service, Susan Guzman, PhD, as they present the latest information on diabetes and behavior. These not-to-be-missed programs include:

9:45 am

Harnessing the Interpersonal Power of Diabetes

William Polonsky, PhD, CDE, Clinical Psychologist, Founder, BDI
Morning Session I

2:00 - 2:40 pm

What's Driving You Crazy About Your Caregivers and Living with Diabetes? An interactive hour exploring ways to meet the needs of people with diabetes and their caregivers

William Polonsky, PhD, CDE, Clinical Psychologist, Founder, BDI
Types 1 & 2 Workshop Track

2:00 - 2:40 pm

When You Care about Someone with Type 1 Diabetes: The Agony and the Ecstasy - A group discussion for type 3's

Led by Susan Guzman, PhD, Director of Clinical Services, BDI, with: Ingrid Kruse, DPM, and Susan Kay, both married to type 1's
Type 3 Workshop Track

3:50 - 4:30 pm

When You Care about Someone with Type 2 Diabetes: The Agony and the Ecstasy - A group discussion for type 3's

Led by Susan Guzman, PhD, Director of Clinical Services, BDI, with: Mike Spinazzola, son of type 2, and Marian Duncan, married to a type 2
Type 3 Workshop Track

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

The Behavioral Diabetes Institute is the world's first and only nonprofit organization wholly dedicated to providing diabetes-directed clinical and research services from a behavioral perspective. These include educational and therapeutic programs for people with diabetes, training and consultations for health care providers, and clinical research programs. A nonprofit 501(c)3 charitable organization, the Behavioral Diabetes Institute is dedicated to helping people with diabetes live long, fulfilling and healthy lives.

For upcoming lectures, please visit www.behavioradiabetes.org or call **858-336-8693**.