



# BDI Schedule of Clinical Programs

Jan - July, 2012

**BEHAVIORAL  
DIABETES  
INSTITUTE**

**For Information or Registration, call 858-336-8693**

*Because we understand*

Getting on Track for Adults	One-day workshop	9:00 AM – 4:30 PM	\$10/person includes lunch	
Type 1 diabetes ONLY	Jan 14, Saturday			LJ
Type 2 diabetes ONLY	Mar 10, Saturday			ESC
Type 1 or Type 2 diabetes	May 5, Saturday			TBD
Insulin Omission and Diabulimia One Day Intensive Workshop	Mar 10, Saturday	10:00 AM – 4:00 PM	\$10/person Includes lunch	MM
<b>Tackling Binge Eating in Diabetes</b>		6:30 – 8:30 PM		
Six-week series: type 1 or type 2 diabetes	Feb 1, 8, 15, 22, 29, Mar 7		\$10/person for the series	LJ
<b>Alumni Group—4 Evening Follow-Up Series</b> (Limited to graduates of the Binge Eating series)	Mar 28, Apr 4, 11, 18		FREE	LJ
<b>Living WELL with Complications</b>	Jul 20-21, Friday - Saturday		\$10/person Includes lunch	MM
<b>Defeating the Depression/ Diabetes Connection</b>				
Introductory lecture (open to all)	Jan 10, Tuesday	6:30 – 8:30 PM	FREE	KM
Introductory lecture (open to all)	May 15, Tuesday	6:30 – 8:30 PM	FREE	TBD
6-week workshop for people with diabetes (introductory lecture is a prerequisite)	Jan 17, 24, 31, Feb 7, 14, 21	6:30 – 8:30 PM	\$10/person for the series	KM
6-week workshop for people with diabetes (introductory lecture is a prerequisite)	May 22, 29, Jun 5, 12, 19, 26,	6:30 – 8:30 PM	\$10/person for the series	TBD
Alumni Group – 4 Evening Follow-Up (For graduates of any 6-week Depression Workshops)	Mar 13, 20, 27, Apr 3,	6:30 – 8:30 PM	FREE	MM
Alumni Group – 4 Evening Follow-Up (For graduates of any 6-week Depression Workshops)	Jul 17, 24, 31, Aug 7,	6:30 – 8:30 PM	FREE	TBD

## ***Just for Families, Teens, and Parents***

<b>Getting on Track for Type 1 Teens and Parents</b>	One-day workshop			
Teen must attend with at least one parent and have completed diabetes self-care instruction	Apr 28, Saturday	10:00 AM-4:00 PM	\$10/person includes lunch	KM
<b>The “Just for Parents” Program</b>				
Ongoing Quarterly Discussion Series	Jan 28, Saturday	10 AM-Noon	Free	MM
Ongoing Quarterly Discussion Series	Apr 14, Saturday	10 AM-Noon	Free	MM
Ongoing Quarterly Discussion Series	Jul 14, Saturday	10 AM-Noon	Free	MM

Locations: MM-Mira Mesa LJ-La Jolla KM-Kearny Mesa EC-El Cajon LM-La Mesa SM-San Marcos • Call if none is listed.

**See full descriptions on our website at [www.behavioraldiabetes.org](http://www.behavioraldiabetes.org)**

**Sign up for our Free E-Newsletter to receive schedule updates.** v.3-2011