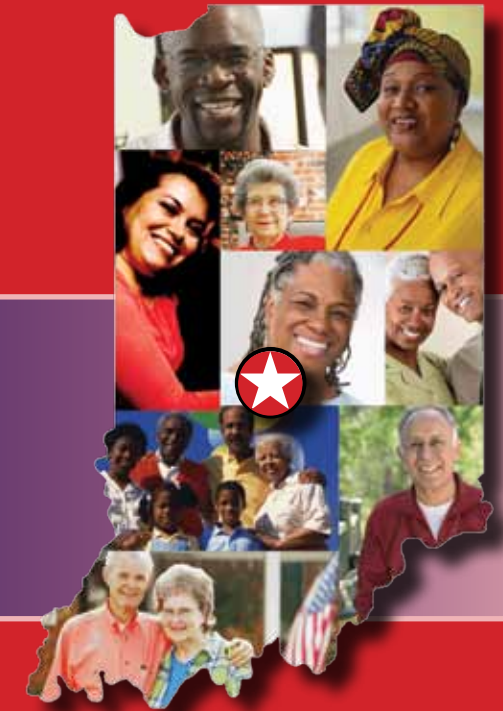


Too Sweet FOR YOUR OWN GOOD

A PATIENT EDUCATION CONFERENCE



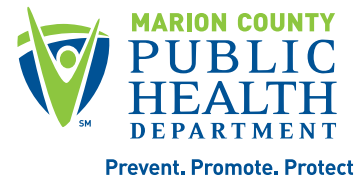
MAKE THE MOVES
TO IMPROVE LIFE
WITH DIABETES

SATURDAY, NOV. 19, 2011
9:15 A.M. - 2:30 P.M.
FAIRBANKS HALL, 340 W. 10TH ST.

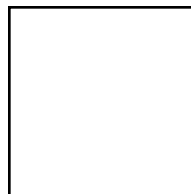
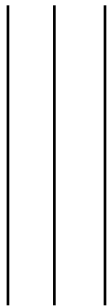
Statewide Minority Diabetes Alliance of Marion County
National Kidney Foundation of Indiana
911 East 86th Street, Suite 100
Indianapolis, IN 46240-1840

Community Partners

The Statewide Minority Diabetes Alliance of Marion County is collaborating with the National Kidney Foundation of Indiana, Indiana State Department of Health, Marion County Public Health Department, the Office of Congressman André Carson, American Diabetes Association, Minority Health Coalition of Marion County, National Medical Association, Indiana Central Association of Diabetes Educators, Indiana Dietetic Association, Mount Carmel Church and I.U. Health to present a program that addresses the challenges of living with diabetes.



Office of Congressman André Carson



TOO SWEET FOR YOUR OWN GOOD
National Kidney Foundation of Indiana
911 East 86th Street, Suite 100
Indianapolis, IN 46240-1840

This program will give you tools to better manage your diabetes.

Diabetes requires certain activities and habits: meal planning, exercise and testing. Our attitude toward these activities and habits leads to our success or failure.

Diabetes Control

Take control of your diabetes. Keeping blood sugar levels as close to normal as possible is beneficial. Lowering blood sugar can greatly reduce the risk of diabetes complications.

About the Program

This program will give you tools and building blocks to help move toward better management.

Agenda

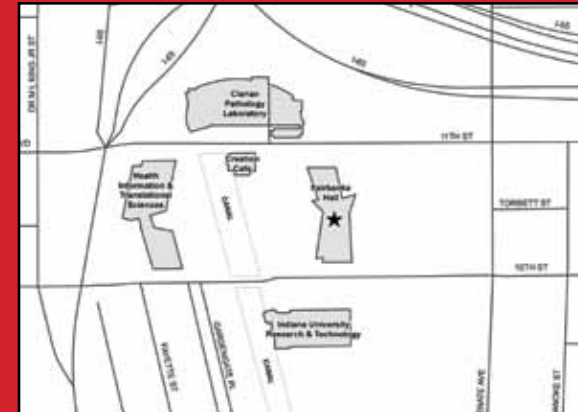
9:15 - 10 a.m.
REGISTRATION/VENDORS

10-11:15 a.m.
DIABETES UPDATE:
Ernest Asamoah, M.D., FACP, FACE, FRCP (London)

11:15-11:45 a.m.
FITNESS AT HOME
Chair Aerobics - Bonita Rowley-Watford

11:45 a.m. - 12:45 p.m.
LUNCH/VENDORS

12:45-2:30 p.m.
NUTRITION: YOUR KEY TO PREVENT AND MANAGE DIABETES
Rachel Noirot, M.S., R.D., C.D.
CONTROL IS IN YOUR HANDS
Louise Goggans, R.D., M.S., DMS



Directions

Fairbanks Hall is located at 340 W. 10th St., Indianapolis, IN 46202. The building is between 10th and 11th Streets west of Senate. **Parking is free in the adjacent lot.** For bus routes contact IndyGo by telephone at 635-3344 or www.indygo.net

Confirmation Information

You will receive a confirmation from the National Kidney Foundation of Indiana within 10 days of our receipt of your registration form. If you do not receive a confirmation, please call 1-800-382-9971.

The conference is free, but pre-registration is required. Register early, as seating is limited. Registration must be received by Nov. 7.

Registration

Each person registering for the conference will need a form (copy forms as needed).

Please complete all requested information. Forms with multiple names will not be accepted.

Registration must be received by
MONDAY, NOV. 7, 2011.

This free conference will include lunch and conference materials.

Name: _____

Address: _____

City: _____

State: _____ ZIP Code: _____

Telephone Number: _____

E-Mail: _____

Special Accommodations or Dietary Needs:

Forms should be mailed to:
THE TOO SWEET FOR YOUR OWN GOOD
MANAGING DIABETES CONFERENCE
National Kidney Foundation of Indiana
911 E. 86th St., Suite 100
Indianapolis, IN 46240-1840
1-800-382-9971