



BEHAVIORAL
DIABETES
INSTITUTE

New!

What's Driving You **Crazy** about Diabetes?

Emotional pitfalls and what to do about them

Feeling tired, frustrated or overwhelmed with diabetes? Worrying about complications? Struggling with eating problems? Family and friends just don't seem to understand? These are just a few of the many ways in which diabetes can be driving you crazy. In this half-day introductory program, you will learn about the emotional side of diabetes and discover practical real-life strategies to help you manage life with diabetes more easily and successfully.

WHO: Individuals with Type 1 or Type 2 diabetes and their loved ones

DATE AND TIME: Saturday, March 13th; 10 am to 1 pm

PRESENTED BY BDI'S CLINICAL TEAM: Dr. William Polonsky, Dr. Susan Guzman and Dr. Liana Abascal

LOCATION: Scripps Whittier Institute for Diabetes, 9894 Genesee Avenue, La Jolla
Second Floor Boardroom

COST AND REGISTRATION: FREE. Space is limited; registration is requested.
Register by Email michelle@behavioraldiabetes.org or call 858-336-8693



The Behavioral Diabetes Institute (BDI) is the world's first 501(c)(3) nonprofit organization dedicated to tackling the unmet psychological needs of people with diabetes. To find out more, visit us at www.behavioraldiabetes.org