

Registration Form: Diabetes Update – April 12, 2008, 8:30am - 3:00pm, Shilo Inn, Newport

Pre-registration information required for each person attending; feel free to copy form or attach information.

Name: _____ Turkey Sandwich _____
Vegetarian Meal _____

Address: _____
Street City State Zip

Phone: _____

Pre-Diabetic: ___ Type 1 Diabetic: ___ Type 2 Diabetic: ___ Family member and/or caregiver: ___

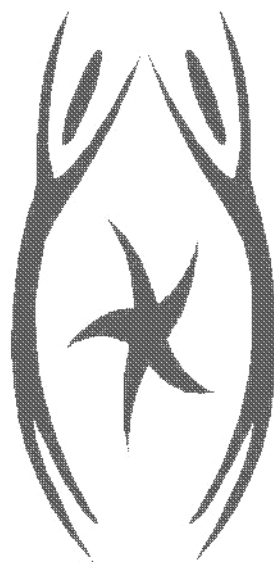
REGISTRATION INFORMATION (Deadline April 4, 2008):

Mail registration to: Samaritan Pacific Communities Hospital, 930 SW Abbey Street, Newport, Oregon 97365
Contact Name: Heather LaMonte, Diabetes Education (541) 574-4682

Make \$10.00 check payable to: AHEC/Diabetes Coalition

Samaritan Pacific Communities Hospital
Heather LaMonte, Diabetes Education
930 SW Abbey Street, Newport, Oregon 97365

LINCOLN COUNTY DIABETES UPDATE



**7th Annual
Community
Workshop for
people living
with diabetes**

**April 12, 2008
8:30a.m. - 3:00p.m.
Shilo Inn, Newport**

Diabetes Update

Come join the experts as they present the most current information on diabetes. This workshop is designed for persons living with diabetes, their family and friends. The Lincoln County Diabetes Update will be held April 12, 2008, at the Shilo Inn, Newport. Register early due to limited space. Cost - \$10.00 for lunch.

Speakers:

Wei Hao, MD, PhD

Endocrinology, Diabetes & Metabolism
Corvallis Clinic
Corvallis, Oregon

Presenting: "Current Medical Therapies"

Jeff Cheever

Taoist Tai Chi Instructor
Beginning, Continuing & Health Recovery
Newport, Oregon

Presenting: "Taoist Tai Chi"

Panel of Experts

Local people living with diabetes successfully
Presenting: "Real Life with Diabetes"

Certified Executive Chef Mike Downing

Owner, Quimby's Restaurant
Newport, Oregon
and

Executive Chef Robert Lean (Retired)

Salashan, Oregon
Presenting: "Food for Thought"

Program Topics/Schedule:

8:30am - 9:00am Registration

9:00am - 10:15am

"Current Medical Therapies"

Where does insulin fit in diabetes treatment?
What you can do to maximize control and minimize risks and complications.

10:15am - 10:45am Break/Vendors

10:45am - 11:45am

"Taoist Tai Chi"

Learn about the health benefits of this ancient form of movement. Demonstration, followed by audience participation.

11:45am - 12:45pm Lunch/Visit Vendors

12:45pm - 1:45pm

"Real Life with Diabetes"

Presenters: Community Panel
Listen to four community members share their experiences of living with diabetes. What works and where they find challenges.

1:45pm - 2:00pm Break

2:00pm - 3:00pm

"Food for Thought"

Mike and Robert both have diabetes, both like to cook and both like to eat! Learn how they combine herbs and spices, and use healthy oils to make food flavorful and healthy.
Recipes will be provided.

Sponsors:

Samaritan North Lincoln Hospital Foundation
Samaritan North Lincoln Hospital
Samaritan Pacific Communities Hospital
Shilo Inn
Lincoln County Diabetes Coalition
Lincoln County Health and Human Services
Confederated Tribes of Siletz Indians
Siletz Tribal Diabetes Program
American Diabetes Association

Vendors:

Vendors product fair featuring diabetes equipment and services.

Diabetes Coalition:

The Lincoln County Diabetes Coalition is a group of community volunteers dedicated to improving the lives of those who live with diabetes and to providing activities within the community which help prevent diabetes and its complications. Activities include facilitating support groups throughout the county; outreach through community presentations; offering *Meals Made Easy*, a nutritional course; and coordinating the annual *Diabetes Update*, a one day workshop.