


American Diabetes Association, Inc.  
Peachtree Center, South Tower  
225 Peachtree St. NE, Ste. 550  
Atlanta, GA 30303

Non-Profit Organization  
U.S. POSTAGE PAID  
Atlanta, GA  
PERMIT 1764



Learn more about diabetes at  
Northeast Georgia's  
**Diabetes 101**

A program of  
American Diabetes Association  
District 2 Public Health  
Northeast Georgia Diagnostic Clinic  
Northeast Georgia Health System  
The Longstreet Clinic, P.C.

# D

Learn more about diabetes at  
Northeast Georgia's  
**Diabetes 101**

Saturday, September 11, 2010

Georgia Mountains Center  
Gainesville, GA

8:30 a.m. – 3:00 p.m.

*Registration & exhibits open at 7:30 a.m.*

*Program begins promptly at 8:30 a.m.*

A full day of diabetes information for people with prediabetes, Type 1 or Type 2 diabetes plus their family members and friends

Cost: \$15/person; \$20 after September 3.

Full scholarships are available.

*Breakfast and lunch is included.*

a program of  
 **American Diabetes Association.**

## Presenting Sponsors:



**The Longstreet Clinic, P.C.**  
Doctors You Know. Care You Trust.

## Lead Sponsors:



North Georgia Foot &  
Ankle Specialists, P.C.



*Legacy Link, Inc.*  
Area Agency on Aging



  
**The Sleep Disorders Center**  
Northeast Georgia Medical Center

## Session 1 9:40 – 10:30 a.m.

- 1. Toe & Flow (Circulation & the Feet)**  
Rudolph Cisco, DPM  
Michael Lebow, MD  
Northeast Georgia Foot & Ankle Specialists, PC  
Northeast Georgia Physicians Group Surgical Associates Vascular
- 2. Diabetes & Bone Health**  
Cheryl Williams, RN, CDE  
The Longstreet Clinic
- 3. Basics on Diabetes**  
Hannah Shope Day, RN, CDE  
Northeast Georgia Health System
- 4. Sleep Disorders & Diabetes**  
Alan Lankford, PhD  
The Sleep Disorders Center of Northeast Georgia Medical Center

## Session 2 11 – 11:50 a.m.

- 5. Weight Loss Options Including Gastric Bypass**  
Alex Nguyen, MD  
Northeast Georgia Physicians Group Surgical Associates
- 6. Meal Planning 101**  
Suzanne Burns, MS, RD, LD, CDE  
Northeast Georgia Health System
- 7. Myths About Diabetes**  
Mitzi Lovell, RN, CDE  
Northeast Georgia Diagnostic Clinic
- 8. Healthy Heart Challenge**  
Jennifer Mashburn, RN, MSN  
Northeast Georgia Health System

## Session 3 12:30 – 1:20 p.m.

- 9. Advanced Carbohydrate Counting**  
Amy Roark, RD, LD, CDE  
Northeast Georgia Diagnostic Clinic
- 10. Avenues for Assistance**  
Elizabeth Pyron  
Georgia Cares Coordinator, Legacy Link, Inc.
- 11. Medication**  
Tammy Wilbanks, NP-C, BC-ADM  
The Longstreet Clinic
- 12. Winning the Battle Against Complications**  
Hyacinth Thomas, FNP-C, CDE  
Northeast Georgia Diagnostic Clinic

## Session 4 1:30 – 2:30 p.m.

- 13. Cooking Demonstration – The Healthy Way**  
Mary Ann Clever, RD, LD  
The Longstreet Clinic

## “Ask the Experts” Panel Discussion 2:30 – 3 p.m.

- 14. Panel Discussion**  
Eniki Mack, MD  
Mary Ann Clever, RD, LD  
Hyacinth Thomas, FNP-C, CDE  
Chad Palmer, MD  
Northeast Georgia Diagnostic Clinic  
The Longstreet Clinic  
Northeast Georgia Diagnostic Clinic  
Northeast Georgia Physicians Group Sports Medicine

# Program

7:30 – 8:30 a.m.	Registration, Exhibits & Continental Breakfast
8:30 – 8:40 a.m.	Welcome & Introductions <i>Mandy Reece, PharmD, BC-ADM, CDE</i> <i>Philadelphia College of Osteopathic Medicine School of Pharmacy</i>
8:40 – 9:20 a.m.	Being Physically Active for a Lifetime <i>Bobby Norris, B.S. Exercise Science</i> <i>Northeast Georgia Health System</i>
9:20 – 9:40 a.m.	Exhibit and Screenings
9:40 – 10:30 a.m.	Session 1 (Workshops 1 – 4)
10:30 – 11 a.m.	Break (Exhibits and Screenings)
11 – 11:50 a.m.	Session 2 (Workshops 5 – 8)
11:50 a.m. – 12:20 p.m.	Lunch and Exhibits
12:30 – 1:20 p.m.	Session 3 (Workshops 9 – 12)
1:30 – 2:30 p.m.	Session 4 (Cooking Demonstration)
2:30 – 3 p.m.	“Ask the Experts” Panel Discussion

Cost: \$15 per person; \$20 after September 3



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Register for Diabetes 101 by mail, fax or phone.

Make checks payable to:

American Diabetes Association  
Peachtree Center, South Tower  
225 Peachtree St. NE, Ste. 550  
Atlanta, GA 30303

Or send by fax to: 404-581-1904

Or call 1-888-DIABETES

(1-888-342-2383), ext. 3166

*Full scholarships are available for those who qualify.*

Credit Card Information:

MasterCard       VISA       Discover

American Express

Full name on card \_\_\_\_\_

Expiration Date \_\_ / \_\_

Credit Card # \_\_\_\_\_

Signature: \_\_\_\_\_

\*Pre-registration of classes is not required.