

**TOO SWEET FOR YOUR OWN GOOD**  
 MINORITY HEALTH COALITION OF MARION COUNTY  
 1100 WEST 42ND STREET, SUITE 325  
 INDIANAPOLIS, IN 46208

## COMMUNITY PARTNERS

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



Indiana University Health

STATEWIDE MINORITY DIABETES ALLIANCE OF MARION COUNTY  
 MINORITY HEALTH COALITION OF MARION COUNTY

1100 WEST 42ND STREET, SUITE 325  
 INDIANAPOLIS, IN 46208

# TOO SWEET FOR YOUR OWN GOOD MANAGING DIABETES CONFERENCE



*Saturday*  
**NOVEMBER 10, 2018**  
 FAIRBANKS HALL • 340 W. 10TH ST. • 9:15 AM - 2:30 PM

# THIS PROGRAM WILL GIVE YOU TOOLS TO BETTER MANAGE YOUR DIABETES

HEALTHY IS HAPPY • MANAGING YOUR DIABETES CAN REDUCE THE RISKS

## 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

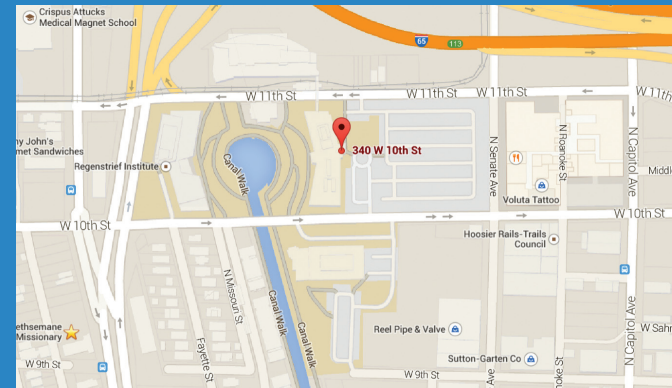
This program will give you tools and building blocks to help move toward better diabetes management.

## THIS YEAR'S ACTIVITY

The National Kidney Foundation of Indiana will provide a free kidney screening during the conference. Would you like to sign up?  
 **Yes**  **No.** **Screenings will be completed in the order in which the registrations are received and screening slots are limited.** For the activity participation, please dress comfortably.

## AGENDA

- 8 - 10 A.M.**  
KIDNEY SCREENINGS BY NATIONAL KIDNEY FOUNDATION OF INDIANA
- 9:15 - 10 A.M.**  
REGISTRATION/VENDORS
- 10 - 10:05 A.M.**  
WELCOME
- 10:05 - 11:15 A.M.**  
DIABETES UPDATE  
DR. ERNEST ASAMOAH, MD
- 11:15 A.M. - 12 P.M.**  
DEMENTIA & DIABETES  
CHRISTINA BROWN
- 12 - 12:45 P.M.**  
LUNCH/VENDORS
- 12:45 - 1:30 P.M.**  
NUTRITION  
DR. LOUISE GOGGANS
- 1:30 - 2:15 P.M.**  
PHYSICAL ACTIVITY  
MARVA HOLLAND  
FITNESS INSTRUCTOR
- 2:15 - 2:30 P.M.**  
EVALUATIONS AND REMARKS



## DIRECTIONS

Fairbanks Hall is located at 340 West 10th Street, Indianapolis, IN 46202. The building is between 10th and 11th Streets east of Senate. Parking is free in the adjacent lot. For bus routes contact IndyGo by phone at 635-3344 or [www.indygo.net](http://www.indygo.net)

## CONFIRMATION INFO

You will receive a confirmation from the Minority Health Coalition of Marion County upon receipt of your registration form. If you do not receive a confirmation, please call 1-317-926-1170. The conference is **FREE**, but pre-registration is required. Register early. Seating is limited. Registration must be received by **Friday, October 26, 2018.**

# REGISTRATION FORM

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:  
FRIDAY • OCTOBER 26 • 2018**

This **FREE** conference will include lunch and conference materials.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SPECIAL ACCOMMODATIONS OR DIETARY NEEDS: \_\_\_\_\_

### FORMS SHOULD BE MAILED TO:

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