



**Feeling off track or burned out by diabetes?
Perhaps it is time for:
*Your Diabetes Tune-Up***

Part 1: A two-hour, introductory workshop

DATE/TIME: Tuesday, January 7th, 6:30 – 8:30 p.m.

WHO: Open to all adults with type1 and type 2 diabetes and their loved ones

COST: FREE

Your Diabetes Tune-Up is designed for people who are feeling frustrated, tired, or overwhelmed with diabetes, are struggling with how to fit diabetes into their lives, disappointed in their results, or feeling that family and friends just don't seem to understand.

In this workshop, you will:

- ❖ *Assess your own level of diabetes distress*
- ❖ *Learn more about the emotional side of diabetes*
- ❖ *Examine behavioral strategies that can help you get back on track with diabetes*

Part 2: A once monthly, five-month series

DATE/TIME: Tuesdays (Jan 21, Feb 11, March 10, April 14, May 12)
6:30 – 8:30 p.m.

WHO: Registration is required for this small group program for adults with diabetes (not for loved ones)

COST: \$100 for series, scholarships available

In this action-oriented six-month series, you will:

- ❖ *Learn practical strategies for managing diabetes more easily*
- ❖ *Practice news ways to face your challenges*
- ❖ *Develop a personalized plan for managing diabetes more effectively*

LOCATION: Behavioral Diabetes Institute, 5405 Oberlin Dr. #100 (downstairs)
San Diego, CA 92121

TO REGISTER: Call 858/336-8693 or email: info@behavioraldiabetes.org

The **Behavioral Diabetes Institute** is the world's first and only nonprofit organization wholly dedicated to providing diabetes-directed clinical and research services from a behavioral perspective.
Visit us at www.behavioraldiabetes.org or call 858-336-8693.