



CONFERENCE UPDATE!

Achieving Wellness with Diabetes Traditional and Complementary Approaches *Annual Fall Clinical Conference*

Sunday PM, October 4 - Tuesday noon, Oct 6, 2009
Point Lookout, Northport, Maine

Sponsored by: Maine Association of Diabetes Educators (MeADE) and
Diabetes Prevention & Control Program (DPCP) - Maine CDC -
Department of Health and Human Services

Featured Speakers

- ◆ How Can Complementary and Alternative Medicine (CAM) Supplement Use Co-Exist with Traditional Medications?
Laura Shane-McWhorter Pharm D, BCPS, BC-ADM, CDE
- ◆ Diabetes in the Bedroom - *Donna Rice MBA, BSN, RN CDE*
- ◆ Diabetes and Bone Health - *S. Thomas Bigos M.D.*
- ◆ Family Dynamics & Diabetes - *Mary Ellen Meyer RN, CDE, MPH*
- ◆ How to Conduct Brief, Effective Conversations about Tobacco
Fred Wolff LADC, LCPC, TTS-C
- ◆ Overview of Depression Drugs and Considerations for Diabetes
Laura Shane-McWhorter Pharm D, BCPS, BC-ADM, CDE

Continuing Education Credits

- ◆ American Nurses Association of Maine, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation
- ◆ American Dietetic Association
- ◆ Maine Commission on Pharmacy

Who Should Attend?

Diabetes educators and health care providers including: nurses, dietitians, nurse practitioners, pharmacists, social workers, physical therapists and other health professionals interested in diabetes care.

Point Lookout

Join us at this wonderful retreat on the coast of Maine with spectacular views of Penobscot Bay. They have lovely, affordable cabins on the property so bring your family to enjoy all Point Lookout has to offer. The cut-off date for overnight reservations will be August 21 so make your plans early!



Breakout Topics

- ◆ Intensive Management: Carb to Insulin Ratios, Correction Factors and Adjustment for Exercise
- ◆ Biochemical Changes of Unmanaged Stress and Proven Techniques for Stress Management
- ◆ Positive Psychology... Building Resilience Through Mindfulness Techniques
- ◆ Telephonic Diabetes Education Using the Empowerment Model
- ◆ Focused Breathing and Relaxation Techniques
- ◆ Spiritual Dimensions of Diabetes Care
- ◆ Using the Chronic Care Model and the Patient Center Medical Home to Improve Diabetes Care in a Rural Health Clinic
- ◆ How Dental and Oral Health Affects the Body
- ◆ Seasonal Affective Disorder
- ◆ T'ai Chi and Its Benefits for Diabetes
- ◆ Diabetes Vegetarian Meal Planning
- ◆ Tele-HomeHealth in Rural Areas to Improve DM Self-Mgmt
- ◆ Worksite Wellness Program

Registration materials will be available in July. Go to the MeADE website at www.mainediabeteseducators.org for updates!

For more information contact: susan@greatgatherings.com