



Exercise for Life!

Saturday, June 12th

Joslin Diabetes Center
One Joslin Place
Boston, MA 02215

Target Audiences:

- People with diabetes (type 1 and type 2) or pre-diabetes that are active or want to be active
- Healthcare professionals
- Parents, spouses, coaches (type 3's)

8:00 – 9:00	Registration
9:00 – 9:15	<i>“Health Starts Here”</i> Whole Foods Market
9:15-10:05	<i>“Benefits of Exercise in Diabetes”</i> Neil Ruderman, MD, DPhil
10:10-11:00	<i>“Exercise and Blood Sugar Management”</i> Barry Braun, Ph.D
11:00-11:50	<i>“Exercise Conditioning from Fitness to Performance”</i> Jason Aziz, MS
12:00-1:00	Lunch & Vendor/Sponsor
1:00-1:50	<i>“Pumps and Sensors: What you Need to Know”</i> Howard Wolpert, MD
1:55-2:45	<i>“Common Exercise Injuries and Treatment”</i> Ed McVeigh, MA, ACSM, ISBS, CPT, EMT
2:45-3:15	<i>“Kris Freeman: My Diabetes Journey”</i> Kris Freeman
3:30-4:30	<i>Ask the Athletes & Experts</i>

Athletes: Kris Freeman, Missy Foy, Patricia Brownell

Experts: Kate Ackerman, MD; Jackie Shahar, M.Ed, RCEP, CDE; Barry Braun, PhD

Seating is limited – please register early online at www.diabetes-exercise.org

