

Diabetes Exercise & Sports Association (DESA) exists to enhance the quality of life for people with diabetes through exercise and physical fitness.

Diabetes
Exercise
and
Sports
Association



Be active.
Be fit.
Be healthy.



www.diabetes-exercise.org

**RSVP to Don Muchow at
214.537.1043 or
muchow@earthlink.net**

You are invited to attend !!

DESA Dallas-Fort Worth Chapter Meeting

Where:

Medical City of Dallas
7777 Forest Lane
Care tower E: Classroom 2
Dallas, TX 75230

Please call Donna Doherty 214-597-0798 or email
for directions at ddoherty1228@sbcglobal.net

When:

Saturday May 15th
1:00-3:00

Cost:

Parking \$3

Agenda:

Dr. Roy Ashton
from Ashton Podiatry Associates

Donna Doherty RD/LD
"Fueling for Exercise"

**and as always.....open discussion to share
what you do to "fuel" before you run**

**Special Thanks to Medical City of Dallas for
hosting our May meeting!**



Directions for DESA Meeting location:

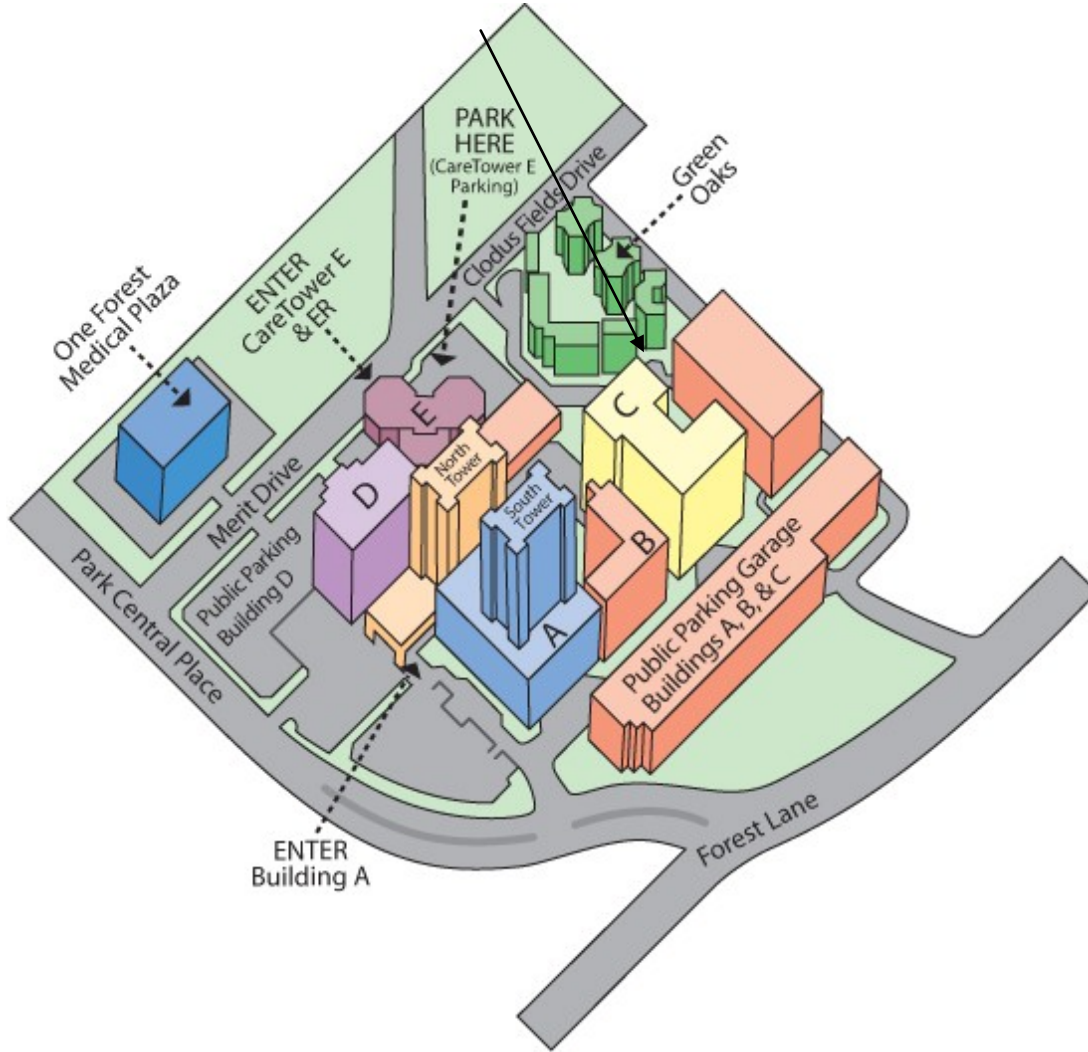
Meeting is at Medical City of Dallas Caretower E Classrooms 1 & 2

Enter Caretower E and head downstairs.

When you walk in the stairs will be on your left or you can walk straight and take the elevator.

After you walk down the stairs and/or exit the elevators I will place a sign telling you which way to go in order to get to Classroom 1 and 2.

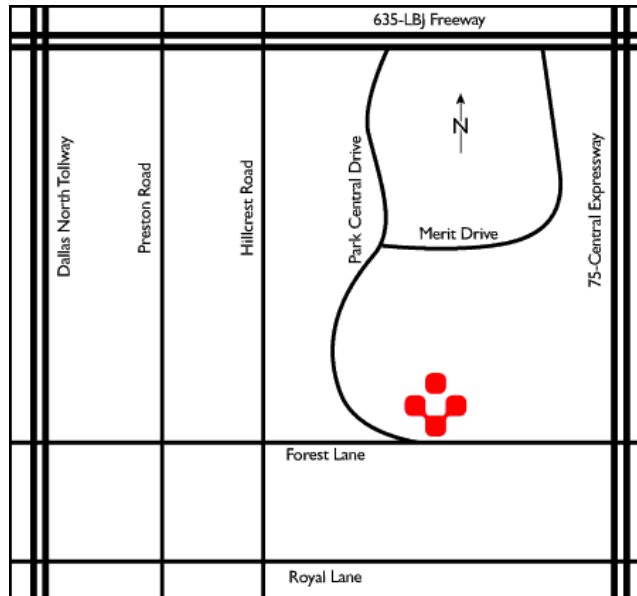
The parking will cost \$3 dollars.



General Directions Medical City of Dallas

Medical City, located in the heart of North Dallas at Forest Lane and Central Expressway, is just minutes from the North Dallas Tollway, and convenient to both DFW International and Love Field Airports.

7777 Forest Lane Dallas, TX 75230



From North Dallas Tollway

Traveling North: Take the Forest Lane exit and turn right. Travel east to Park Central Drive. Turn left and you'll see the hospital on your right. Traveling South: Take the East 635 Freeway exit. Travel east and exit south on 75 Central Expressway. Take exit 20-20A for Forest Lane toward Churchill Way, turn right and the hospital will be on your right at the corner of Forest Lane and Park Central Drive.

From Love Field Airport

Take a left (going east) on Mockingbird Lane. Stay on Mockingbird until you come to Central Expressway. Cross over the expressway and turn left (going north) and enter the freeway headed north. Take the Forest Lane exit. At Forest, turn left under the freeway. Stay in your right hand lane on Forest. You'll see the hospital on your right. Turn right onto Park Central at the light.

From DFW International Airport

Take the north exit leaving the airport. Take the I-635 (also known as LBJ Freeway) exit going east. Stay on I-635 until you see the exit for Central Expressway. You will pass under I-35 and the Dallas North Tollway en route toward Central. Take the I-75 exit south on Central Expressway to exit 20-20A for Forest Lane toward Churchill Way. Turn right on Forest and stay in your right hand lane. You'll see the hospital on your right. Turn right onto Park Central at the light.