

*Diabetes Conference Co-Chairs:*  
Sue Falzone Jablonski and Matt Wagenhauser

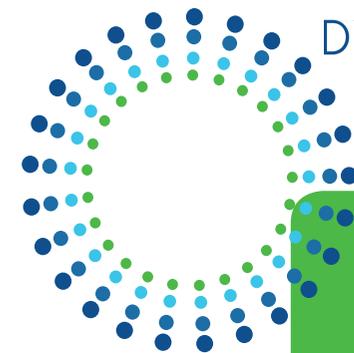
*Planning Committee:*

Mary Beth Alberti  
Beth Carr  
Lori Lamb  
Lynn Masters  
Stacy Meridieth  
Molly Meyers  
Allison Murawski  
Mona Shousher  
Martha Vetter



Register at:  
[www.nwohio.jdrf.org](http://www.nwohio.jdrf.org)  
or by calling: 419-291-2716

  
**PROMEDICA**  
5217 Monroe Street Suite A-1  
Toledo, Ohio 43623



Diabetes Conference for Northwest Ohio  
presented by ProMedica  
*in partnership with Novo Nordisk*

**YOU'RE MY TYPE:  
EDUCATING AND EMPOWERING  
PEOPLE LIVING WITH DIABETES**

**FREE Conference and Exhibits**

**November 14, 2015**  
7:30 A.M. - 1:30 P.M.

- Learn about the latest care and treatment for Type 1 and Type 2 diabetes
- Network with families, experts and medical suppliers
- Actively participate in hands on breakout sessions catered to your specific situation



 **PROMEDICA**

  
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DIAGNOSTICS™

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November 14, 2015  
7:30 A.M. - 1:30 P.M.

Park Inn by Radisson  
101 Summit Street  
Toledo, Ohio, 43604

*Complimentary parking is available!*

Register today! Space is limited!

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### Conference Overview

7:30-8:30 a.m. Registration

8:30-9:30 a.m. Morning speakers,

*Andy Suhy and Marc Milkie*

9:30-9:45 a.m. Break to visit vendor exhibits

9:45-10:30 a.m. **Breakout session 1**

10:30-10:45 a.m. Break to visit vendor exhibits

10:45-11:30 a.m. **Breakout session 2**

11:30-11:45 a.m. Break to visit vendor exhibits

11:45 a.m.-1:30 p.m. Complimentary lunch and keynote speaker,

*Chef Rory Schepisi*



### Keynote Speaker, Chef Rory Schepisi "Southern Yankee" Celebrity Chef and Restaurateur

Chef Rory Schepisi is a New Jersey native with a big city attitude. After growing up in the restaurant industry she decided to begin her career at just 16, by enrolling in the Culinary Institute of America. She made a splash with her first restaurant at age 20, and began to consult for establishments nationwide. Rory was offered an opportunity to join the reality TV program "Popularity Contest" on Country Music Television. After the show, she permanently relocated to Vega, Texas, where she opened her successful, Boot Hill Saloon and Grille, a favorite to locals and visitors alike. The chef's accomplishments don't end there. She made it to the final round on "The Next Food Network Star," hosts her own cooking segment on NBC's Texas affiliate, and appears on The Today Show as a featured chef. A perfect blend of Southern charm mixed with Yankee sass, Rory adds a healthy twist to her down-home style of cooking. Grab a fork – Rory is in the kitchen!

### Morning Speakers

#### *Andy Suhy*

A Type 1 diabetes diagnosis at age 15 didn't stop avid hockey player, Andy Suhy. After taking control of his diabetes, Andy played Division 1 college hockey and was drafted by the Detroit Red Wings, with whom he won two championships. Andy founded Type1Rules, has written two diabetes management books, and is now a motivational speaker.

#### *Marc Milkie*

In March 2002, Marc was diagnosed with Wegener's Granulomatosis, a disease with no known cause or cure. After surviving the onslaught of the disease in which his lungs, liver and kidneys failed, and a seven-week coma, it became apparent that he would require both legs to be amputated below the knee. Marc credits his family and friends, his belief in a higher power, and a positive attitude for much of what he has accomplished since 2002.

### Breakout Sessions (choose two)

#### Type 1

##### **Our Diabetes Journey for Parents and Kids-** sponsored by Sanofi A1c Champions

A family who has a child living with diabetes shares their personal experiences. They've walked in your shoes, and will share their story so that it can help you and your family.

##### **Transitioning to Independent Self-Care for Young Adults-**sponsored by Harbor Behavioral Health

As kids grow up, they begin to take care of themselves, which can be scary for Mom and Dad. A Harbor therapist will speak about how parents and young adults can help each other through this transition.

##### **Research update, Dr. Jack Brunner-** sponsored by JDRF

Dr. Jack Brunner, board certified in diabetes, metabolism and endocrinology, will provide an update on the strides being made by JDRF in curing, treating and preventing Type 1 diabetes.

#### Type 2

##### **Take Control-** sponsored by Sanofi A1c Champions

You've heard it from your healthcare team, but now listen to someone who has been where you are now. An individual with diabetes will talk about why it is important to monitor your blood sugar, why your health is up to you, and explain why you are not alone.

##### **Eating Healthy and Tastefully-**sponsored by Sodexo

Cutting only 100 calories every day for a year can lead to weight loss of about 10 pounds! Listen to new strategies to help you plan and cook healthy meals; recipes provided!

##### **Exercise is Medicine, Dr. Matt Roth ProMedica Physician-**sponsored by ProMedica Wildwood Athletic Club

If exercise could be packed in a pill it would be the single most widely prescribed medicine in the country. Learn why a simple activity program can affect your health and life.