



## Durham Diabetes Day 2011 Agenda

10am	Doors OPEN to the public FREE attendee registration kits for the first 300 visitors
10:30am – 11:30am	Morning workshops <ul style="list-style-type: none"><li>▪ Diabetes and Physical Exercise</li><li>▪ Diabetes and Nutrition</li><li>▪ Tai Chi Workshop/Demonstration</li><li>▪ Nordic Pole Walking Demonstrations</li></ul>
12pm – 1pm	Official welcomes and Thank you Keynote speaker presentation – Dr. Ted Monchesky Distribution of door prizes
1:30pm – 2:30pm	Afternoon workshops <ul style="list-style-type: none"><li>▪ Diabetes and Physical Exercise</li><li>▪ Diabetes and Nutrition</li><li>▪ Zumba Workshop/Demonstration</li><li>▪ Nordic Pole Walking Demonstrations</li></ul>
3pm	Doors CLOSED to the public

## Ongoing Activities: 10am – 3pm

Exhibits and information booths throughout the venue

“Ask a Dietitian” and “Ask a Pharmacist” sessions

Foot care sessions provided by We Care Durham. A \$10 donation is requested.

Meet Cynthia Payne, RD, CDE and author of ‘*Diabetes Cookbook for Canadians for Dummies*’  
(Book signing and sampling)

Screening sessions (blood glucose and blood pressure)

CDA Clothesline Truck parked outside the event venue -  
taking donations of small household items and gently used clothing

Complimentary snacks and drinks available for attendees