

# American Diabetes Association EXPO Minneapolis!

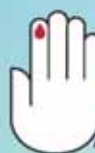
**FREE ADMISSION**

Visit the



# expo

Join The Millions®



**STOP  
DIABETES.**



## The largest EXPO dedicated to people with diabetes.

FREE Screenings Available\* In The "Live Better" Screening Area  
Sponsored by Sam's Club/Walmart

A1c (estimated average blood glucose)  
Blood Pressure  
Body Mass Index (BMI)  
Cholesterol  
Diabetes Risk Assessment  
Eye Screening

Foot Screenings  
Hearing  
Kidney Disease Screening  
Oral Health  
Sleep Apnea (Booth #818)  
\* While Supplies Last



## Minneapolis Convention Center

1301 Second Avenue S. Hall E

Minneapolis, MN

**Saturday, October 13, 2012**

9:00 AM - 3:00 PM



**Walmart**



It's not a Miracle. It's Medifast.



**Metro Transit**



**Walgreens**



FOR MORE INFORMATION ON EXHIBITORS, PATHWAYS TO BETTER HEALTH AND AN INTERACTIVE FLOOR PLAN VISIT OUR MOBILE WEBSITE AT [www.diabetesmnexpo.org](http://www.diabetesmnexpo.org)

# American Diabetes Association EXPO

## Exhibitor List and Floor Plan

### Exhibitor by Type of Product

#### Blood Glucose Meters

- 613 Abbott Diabetes Care
- 741 Bayer HealthCare
- 713 Lifescan, Inc. & Animas Corporation,  
Part of the Johnson & Johnson Family  
of Companies
- 721 Roche Diagnostics Corporation

#### Continuous Glucose Monitors

- 413 Dexcom
- 519 Medtronic Minimed, Inc.

#### Dental

- 617 Colgate Total
- 712 Park Dental
- 715 The Dental Specialists

#### Eye Care

- 526 Minnesota Academy of Ophthalmology
- 601 Sam's Club
- 607 Walmart

#### Fitness

- 505 Ergotron

#### Food

- 621 Extend Nutrition
- 407 Food and Drug Administration
- 630 Minnesota Pork Board
- 516 Storck USA - Werther's Original Sugar  
Free
- 601 Sam's Club
- 628 Summit Foods, Inc.
- 718 SweetLeaf Stevia Sweetener
- 504 Thirs-Tea Corporation
- 607 Walmart
- 415 Whole Foods Market
- 808 Zevia Natural Soda

#### Foot Care/Shoes

- 421 Dr. Comfort
- 739 Foot Solutions
- 409 Geritom Medical, Inc.
- 530 IncrediWear
- 816 Midwest Podiatry Centers
- 425 Pfizer
- 714 PureFresh, LLC
- 401 Upsher-Smith Laboratories, Inc.

#### Glucose Gel

- 739 Level Life Glucose Gel

#### Health Plans

- 514 Ucare

#### Hearing

- 518 HearPO
- 601 Sam's Club

#### Hospitals/Clinics

- 506 Allina Health
- 615 Bariatric Programs of Allina Health
- 528 Children's Hospitals and Clinics
- 716 Fairview Health System
- 814 HealthPartners
- 429 Hennepin County Medical Center
- 529 Mayo Clinic
- 417 Minneapolis Indian Health Board
- 619 Minneapolis Veterans Affairs Health  
Care System
- 818 Noran Clinic Sleep Center
- 525 Park Nicollet: International Diabetes  
Center and Melrose Institute
- 842 University of Minnesota Medical  
Center, Fairview - Transplant Center
- 419 Whitney Sleep Center

#### Insulin

- 625 Lilly USA, LLC
- 701 Novo Nordisk, Inc.
- 513 Sanofi

#### Insulin Pumps

- 713 Lifescan, Inc. & Animas Corporation,  
Part of the Johnson & Johnson Family  
of Companies
- 519 Medtronic Minimed, Inc.
- 433 OmniPod
- 721 Roche Diagnostics Corporation
- 806 Tandem Diabetes Care, Inc.

#### Medical ID Jewelry

- 405 Tamex Laser, LLC

#### Pharmaceutical Company

- 533 Amylin Pharmaceuticals, LLC

#### Pharmacy Services

- 403 OptumRx
- 601 Sam's Club
- 313 Walgreens
- 607 Walmart

#### Prevention

- 717 YMCA Diabetes Prevention Program

#### Research

- 525 Park Nicollet: International Diabetes  
Center and Melrose Institute
- 502 Prism Research
- 842 University of Minnesota Medical Center,  
Fairview - Transplant Center

#### Services

- 836 Bath Fitter
- 838 Food Addicts & Recovery Anonymous
- 424 Merck, Journey for Control
- 720 Metropolitan Area Agency on Aging -  
Senior LinkAGE Line
- 719 MN Diabetes & Heart Health Collaborative
- 626 Minnesota Lions Diabetes Foundation
- 427 MIU Cooler
- 527 Overeaters Anonymous
- 840 Prudential Financial
- 737 Renewal by Andersen
- 431 We Insure Diabetics

#### Sleep Apnea

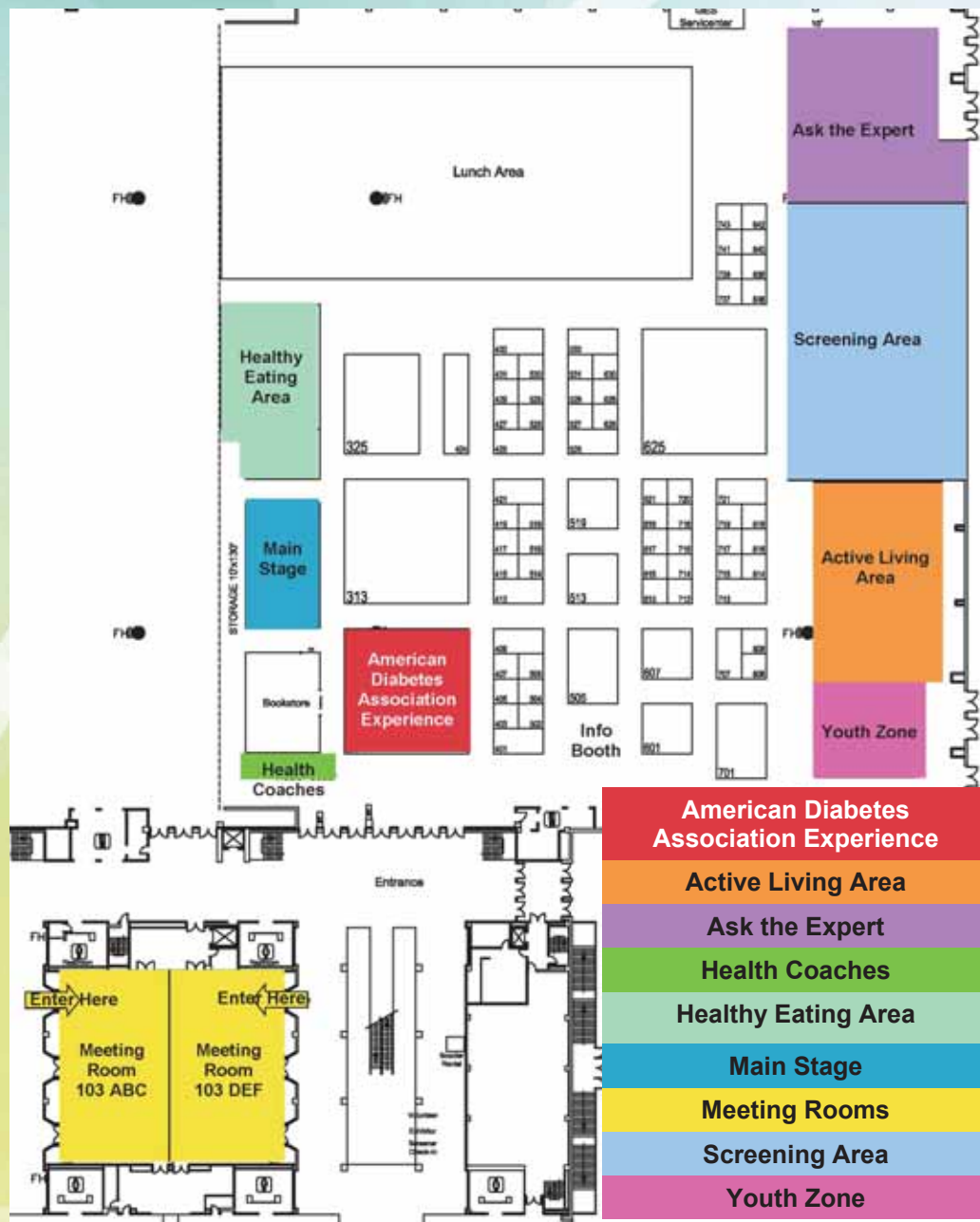
- 818 Noran Clinic Sleep Center
- 419 Whitney Sleep Center

#### Skin Care

- 401 Upsher-Smith Laboratories, Inc.

#### Weight Loss

- 615 Bariatric Programs of Allina Health
- 838 Food Addicts & Recovery Anonymous
- 325 Medifast Weight Control Centers
- 527 Overeaters Anonymous
- 531 SlimGenics





# American Diabetes Association EXPO

## Schedule of Events

**Pathways to Better Health** were developed to help you get the most from your visit to EXPO. The pathways offer suggestions for information and activities that you can get from each area as well as suggestions for using that information for better managing your diabetes once you get home. **This year's EXPO features the following pathways: Prevention/Prediabetes Pathway; Adult Type 1 Diabetes Pathway; Type 2 Diabetes Pathway; Youth & Families Pathway.** You do not have to stick to the items suggested for your Pathway – they are a place to start. Meet with a Health Coach prior to leaving EXPO so you can set goals based on what you learned. Pathways to Better Health Sponsored by Novo Nordisk, Inc.

**9:15 am Welcome and Opening Remarks** ASL Interpreted  
Diabetes EXPO Co-Chair Nacide Ercan-Fang, MD Main Stage

**9:30 am Active Living Fitness Demonstration**  
“When you just can’t get to a gym...” by Chris Freytag  
Active Living Faces of Diabetes Stage

**9:30 am Healthy Eating Cooking Demonstration** ASL Interpreted  
Chicken Breast with Chipotles by Manny Gonzalez, Manny's Tortas  
Sponsored by Delta Dental of Minnesota, Healthy Eating Stage

**9:45 am Speaker “Can Diabetes Affect Sexual Health?”** ASL Interpreted  
What are the sexual issues associated with diabetes? What treatment options are available?  
Anders L. Carlson, MD - Health Partners Meeting Room 103 ABC

**10:00 am Speaker “Type 1 Diabetes Research Update”**  
This research update will share information about the immune systems' ability to target and destroy the insulin producing beta cells within the pancreas and what has been discovered about these diabetes-causing T-cells without compromising the body's overall immunity.  
Brian Fife, PhD - University of Minnesota and American Diabetes Association  
Funded Researcher Main Stage

**10:00 am Speaker “The Soul Food Connection”**  
Participate in a Lilly Diabetes/Fearless African-Americans Connected and Empowered (F.A.C.E.) Education Session designed to address issues about diabetes management. Learn about basic diabetes management, health and well being, nutrition and food choices. Sponsored by Lilly USA, LLC Booth # 625

**10:15 am Speaker “What Happened to the Family Dinner?”** ASL Interpreted  
Does your family sit down to eat together or are you grabbing food on your way out the door? What are you eating? Do you share events from your day? Learn what today's family meals look like and how having family meals are protective for your child's health.  
Jerica Berge, PhD, MPH - University of Minnesota Meeting Room 103 DEF

**10:30 am Active Living Fitness Demonstration**  
American Indian Men's Drum Group  
Active Living Faces of Diabetes Stage

**10:30 am Healthy Eating Cooking Demonstration**  
Red Snapper Veracruz by Manny Gonzalez, Manny's Tortas  
Sponsored by Delta Dental of Minnesota, Healthy Eating Stage

**11:00am Speaker “Living With Type 2 Diabetes Program”** ASL Interpreted  
The moment of diagnosis is overwhelming for many. This program provides information and support that many need to manage and live well with diabetes. Start the journey with diabetes with sound information and support so you can start to prevent complications of diabetes.  
Debra Sanders RD, CD, CDE Main Stage

**11:00 am Speaker "Managing Diabetes: The Next Step"**  
The presenter will cover topics that include their personal story with diabetes and insulin use, myths and facts about insulin and the benefits of incorporating insulin as part of an overall diabetes management plan.  
Terry Wiley, A1C Champion Meeting Room 103 ABC  
Sponsored by Sanofi

**11:00 am Speaker “Healthy Cooking”**  
Participate in a Lilly Diabetes/Fearless African-Americans Connected and Empowered (F.A.C.E.) Education Session designed to address issues about diabetes management. Learn how to cook traditional dishes using healthier preparation methods and ingredients. Sponsored by Lilly USA, LLC Booth # 625

**11:15 am Speaker “Research Today Will Change Diabetes Tomorrow”**  
Learn about recent and current research studies and their ASL Interpreted impact on our understanding of diabetes. What does this mean for people living with diabetes today?  
Betsy Seaquist, MD - University of Minnesota Meeting Room 103 DEF

**11:30 am Active Living Fitness Demonstration**  
“Don't just sit there all day! Avoid the health dangers of long periods of computing” by Chris Freytag  
Active Living Faces of Diabetes Stage

**11:30 am Healthy Eating Cooking Demonstration**  
Chunky Potato Salad by James Powers, Award Winning Executive Chef from Treasure Island Resort & Casino  
Sponsored by Delta Dental of Minnesota, Healthy Eating Stage

**12:00 pm Game “Diabetes Showcase Show Down - Price is Right Style”**  
Learn information about better food choices that can be made at restaurants and in everyday life through this fun interactive game.  
Susan Klimek, American Diabetes Association Staff Main Stage

**12:15 pm Speaker “Healthy Meals on the Go”** ASL Interpreted  
What can I eat for breakfast? What can I pack for lunch? What can I eat at a fast food restaurant? Questions many of us ask every day. Learn how to plan for easy healthy meals and make healthier choices when eating out to keep blood sugars in control.  
Carol Brunzell, RD, LD, CDE - University of Minnesota, Fairview Meeting Room 103 ABC

**12:30 pm Active Living Fitness Demonstration**  
Zumba by Nicole Schiller  
Active Living Faces of Diabetes Stage

**12:30 pm Healthy Eating Cooking Demonstration** ASL Interpreted  
Granny Smith Pork by Minnesota Pork Board - Mary Bartz  
Sponsored by Delta Dental of Minnesota, Healthy Eating Stage

**1:00 pm Speaker “Looking Good, Feeling Good”**  
Participate in a Lilly Diabetes/Fearless African-Americans Connected and Empowered (F.A.C.E.) Education Session designed to address issues about diabetes management. Learn various ways to be active that are easily integrated into the daily activities you are interested in. Sponsored by Lilly USA, LLC Booth # 625

**1:15 pm Speaker “Can I Prevent Type 2 Diabetes?”** ASL Interpreted  
Have you been told you have Prediabetes? Would you like to prevent or delay type 2 diabetes? Healthy eating and physical activity are important in preventing or delaying the onset of type 2 diabetes. Learn how to make easy and healthy food choices. Get tips for increasing your physical activity; no matter how busy you are!  
Melanie Jaeb, MPH, RD and Patti Laqua, RD - University of Minnesota Meeting Room 103 DEF

**1:30 pm Active Living Fitness Demonstration**  
Resistance Bands by Nickie Carrigan, Fitness Entrepreneur  
Active Living Faces of Diabetes Stage

**1:30 pm Healthy Eating Cooking Demonstration** ASL Interpreted  
Stir-Fry Vegetables & Tempeh by Whole Foods - Ami Loizzo  
Sponsored by Delta Dental of Minnesota, Healthy Eating Stage

**1:45 pm Speaker “Sleep and Diabetes: A Sweet and Sour Relationship”**  
What are the connections between sleep and diabetes? What are sleep apnea, restless leg syndrome, insomnia, etc.? Is there a connection between sleep and heart/brain conditions?  
John A. Damergis, Jr., MD - Noran Clinic Sleep Center Meeting Room 103ABC

**2:50 pm Closing Remarks**  
Diabetes EXPO Co-Chair Kevin Peterson, MD Main Stage

# Pathways to Better Health

These are suggested activities to make the most of your experience at the Diabetes EXPO

## Prevention/Prediabetes

While at EXPO I should:	From this information when I get home I will:
<p>Attend at least one presentation:</p> <ul style="list-style-type: none"> <li>• <b>10:15 am</b> "What Happened to the Family Dinner?" - <b>Meeting Room 103 ABC</b></li> <li>• <b>12:15 pm</b> "Healthy Meals on the GO" - <b>Meeting Room 103 ABC</b></li> <li>• <b>1:15 pm</b> "Can I Prevent Type 2 Diabetes?" - <b>Meeting Room 103 DEF</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Add one more family meal a week.</li> <li><input type="checkbox"/> Add more vegetables to your meals 5 days a week.</li> <li><input type="checkbox"/> Weather-proof your exercise plan.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Watch &amp; sample a healthy recipe at one of the cooking demos and visit the interactive area in the <b>Healthy Eating Area</b>. Receive a FREE portion size plate. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sign up for Recipe Club.</li> <li><input type="checkbox"/> Use 1 tip for portion control.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Participate in 1 fitness demo and work with a personal trainer at two of the three stations in the <b>Active Living Area</b>; get a FREE pedometer and other fitness gifts. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use the pedometer I received to walk a minimum of 10,000 steps a day.</li> <li><input type="checkbox"/> Try something I learned at one of the stations.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Have blood glucose, blood pressure, BMI, and cholesterol checked in the <b>Screening Area</b>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Share the results with my doctor at my next doctor's appointment.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Talk to a Dietitian about reducing my calorie intake and talk to the Exercise Expert about increasing my activity level in the <b>Ask the Expert Area</b>. Receive a FREE pill case and Pathways to Better Health Guide.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keep a food diary for one week.</li> <li><input type="checkbox"/> Walk 30 minutes per day five times a week.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Learn how to access the website and/or Center for Information and Community Support in <b>American Diabetes Association Experience</b>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use <a href="http://www.diabetes.org">www.diabetes.org</a> for more information.</li> <li><input type="checkbox"/> Call 1-800-DIABETES for more information.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Visit the <b>Main Stage</b> at 12:00 pm to participate in the Diabetes Showcase Showdown (Price is Right). Visit the <b>Living With Type 2 Diabetes Kiosk</b> to learn more about this free program.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Determine healthier options to eat when dining out.</li> <li><input type="checkbox"/> Sign up for the Living With Type 2 Diabetes Program.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Visit a <b>Health Coach as you exit Hall E</b> to set a goal based on what you learned at the Diabetes EXPO. Enter to win a Gruve Wireless Fitness Tracker. <b><u>You do not have to complete a Pathway to set goals with a Health Coach.</u></b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Healthy Eating</li> <li><input type="checkbox"/> Active Living</li> <li><input type="checkbox"/> Follow up with Physician</li> <li><input type="checkbox"/> ADA Resources</li> </ul>

**NOTE: Color Coding of Pathways to Better Health Correspond to the Floor Plan**

Pathways to Better Health  
Sponsored by Novo Nordisk, Inc.



# Pathways to Better Health

These are suggested activities to make the most of your experience at the Diabetes EXPO

## Adult Type 1 Diabetes

While at EXPO I should:	From this information when I get home I will:
<p>Attend at least one presentation:</p> <ul style="list-style-type: none"> <li>• <b>9:45 am</b> “Can Diabetes Affect Sexual Health?” - <b>Meeting Room 103 ABC</b></li> <li>• <b>11:15 am</b> “Research Today Will Change Diabetes Tomorrow” - <b>Meeting Room 103 DEF</b></li> <li>• <b>12:15 pm</b> “Healthy Meals on the GO” - <b>Meeting Room 103 ABC</b></li> <li>• <b>1:45 pm</b> “Sleep &amp; Diabetes: A Sweet &amp; Sour Relationship” - <b>Meeting Room 103 ABC</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Talk to my doctor if I have questions regarding my sexual health.</li> <li><input type="checkbox"/> Visit <a href="http://www.diabetes.org">www.diabetes.org</a> to find out more about diabetes research.</li> <li><input type="checkbox"/> Try one new vegetable every week.</li> <li><input type="checkbox"/> Discuss your sleep concerns with your physician at your next appointment.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Pick up a new recipe and information on portion control in the <b>Healthy Eating Area</b>. Receive a <b>FREE</b> portion size plate. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sign up for Recipe Club.</li> <li><input type="checkbox"/> Use 1 tip for portion control during meals.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Participate in 1 fitness demo and work with a personal trainers at two of the three stations in the <b>Active Living Area</b>; get a <b>FREE</b> pedometer and other fitness gifts. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Increase my exercise to 30 minutes per day, 5 days a week.</li> <li><input type="checkbox"/> Try something new for exercise.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Have A1c (if over 3 months since last A1c), kidneys, eyes, and feet checked in the <b>Screening Area</b>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Share the results with my doctor at my next doctor's appointment.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Talking to a Certified Diabetes Educator in the <b>Ask the Expert Area</b> about driving and using insulin. Receive a <b>FREE</b> pill case and Pathways to Better Health Guide.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Carry quick acting sugar when driving.</li> <li><input type="checkbox"/> Check my blood sugar before driving.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Sign up for Step Out: Walk to Stop Diabetes and to be an advocate for issues impacting people with diabetes in <b>American Diabetes Association Experience</b>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Join the Red Striders in Step Out: Walk to Stop Diabetes.</li> <li><input type="checkbox"/> Sign up to be a Diabetes Advocate.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Attend the presentation on type 1 diabetes research by Dr. Brian Fife at 10:00 am on the <b>Main Stage</b>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Go to <a href="http://www.diabetes.org">www.diabetes.org</a> to find out what other research ADA is supporting.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Visit a <b>Health Coach as you exit Hall E</b> to set a goal based on what you learned at the Diabetes EXPO. Enter to win a Gruve Wireless Fitness Tracker. <b><u>You do not have to complete a Pathway to set goals with a Health Coach.</u></b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Healthy Eating</li> <li><input type="checkbox"/> Active Living</li> <li><input type="checkbox"/> Follow up with Physician</li> <li><input type="checkbox"/> ADA Resources</li> </ul>

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# Pathways to Better Health

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## Type 2 Diabetes

While at EXPO I should:	From this information when I get home I will:
<p>Attend at least one presentation:</p> <ul style="list-style-type: none"> <li>• <b>9:45 am</b> "Can Diabetes Affect Sexual Health?" - <b>Meeting Room 103 ABC</b></li> <li>• <b>11:00 am</b> "Managing Diabetes: The Next Step" - <b>Meeting Room 103 ABC</b></li> <li>• <b>12:15 pm</b> "Healthy Meals on the Go" - <b>Meeting Room 103 ABC</b></li> <li>• <b>1:45 pm</b> "Sleep &amp; Diabetes: A Sweet &amp; Sour Relationship" - <b>Meeting Room 103 ABC</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Talk to an Endocrinologist concerning questions you may have about sexual health.</li> <li><input type="checkbox"/> Determine something you will do to manage your blood sugar control.</li> <li><input type="checkbox"/> Pick one type of restaurant and next time order a healthier food.</li> <li><input type="checkbox"/> Discuss your sleep concerns with your physician at your next appointment.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Pick up a new recipe and find out about portion control in the <b>Healthy Eating Area</b>. Receive a FREE portion size plate. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sign up for Recipe Club.</li> <li><input type="checkbox"/> Practice one of the methods for portion control.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Participate in 1 fitness demo and work with a personal trainers at two of the three of the stations in the <b>Active Living Area</b>; get a FREE pedometer and other fitness gifts. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use the pedometer to walk and create a plan to reach 10,000 steps a day.</li> <li><input type="checkbox"/> Decide how many times a week you will exercise for 30 minutes and begin tomorrow.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Have A1c (if over 3 months since last A1c), hearing, and foot screenings in the <b>Screening Area</b>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Share the results with my doctor at my next doctor's appointment.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>In the <b>Ask the Expert Area</b> talk to a Dietitian about cooking and eating for the holidays. Receive a FREE pill case and Pathways to Better Health Guide.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Try one new tip when cooking for/eating at Thanksgiving.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>In <b>American Diabetes Association Experience</b> learn about ADA's Healthy Living Resources and Community Programs.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sign up for Step Out: Walk to Stop Diabetes and be a Red Strider.</li> <li><input type="checkbox"/> Sign up to be an ADA member and receive a Diabetes Forecast.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Learn about the Living With Type 2 Diabetes program at 11:00 am on the <b>Main Stage</b>. Visit the <b>Living With Type 2 Diabetes Kiosk</b> to learn more about this free program.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sign up for the Living With Type 2 Diabetes Program.</li> <li><input type="checkbox"/> Sign up for the Recipe Club.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Visit a <b>Health Coach as you exit Hall E</b> to set a goal based on what you learned at the Diabetes EXPO. Enter to win Enter to win a Gruve Wireless Fitness Tracker. <b><u>You do not have to complete a Pathway to set goals with a Health Coach.</u></b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Healthy Eating</li> <li><input type="checkbox"/> Active Living</li> <li><input type="checkbox"/> Follow up with Physician</li> <li><input type="checkbox"/> ADA Resources</li> </ul>

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## Youth & Families Pathway

While at EXPO I should:	From this information when I get home I will:
<p>Attend one of the presentations:</p> <ul style="list-style-type: none"> <li><b>10:15 am</b> "What Happened to the Family Dinner?" <b>Meeting Room 103 DEF</b></li> <li><b>11:15 am</b> "Research Today Will Change Diabetes Tomorrow" - <b>Meeting Room 103 DEF</b></li> <li><b>12:15 pm</b> "Healthy Meals on the GO" - <b>Meeting Room 103 ABC</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plan one more family meal a week.</li> <li><input type="checkbox"/> Read one article in Diabetes Forecast (paper or online) about ADA's currently funded research.</li> <li><input type="checkbox"/> Make healthier menu choices next time I go out to eat.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Pick up some new recipes and information about healthy meals and snacks at the <b>Healthy Eating Area</b>. Receive a FREE portion size plate. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sign up for Recipe Club.</li> <li><input type="checkbox"/> Use 1 tip for portion control when serving meals.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Participate in 1 fitness demo and work with a personal trainers at two of the three stations in the <b>Active Living Area</b>; get a FREE pedometer and other fitness gifts. Demos are at 9:30 am, 10:30 am, 11:30 am, 12:30 pm and 1:30 pm.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Find one activity you can do with your family weekly.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<ul style="list-style-type: none"> <li>Talk to the Pediatric Endocrinologist and Family Link Expert in the <b>Youth Zone</b> to get answers regarding my child with diabetes.</li> <li>Learn about Portion Sizes and small changes you can make for your family.</li> <li>Join Radio Disney Road Crew for a Dance Party.</li> <li>Learn about Diabetes and Energy with Mad Scientist.</li> <li>Receive a youth goody bag containing a Disney cookbook and portion size plate.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use 1 tip for portion control.</li> <li><input type="checkbox"/> Include a family activity 2 times a week.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>In the <b>American Diabetes Association Experience</b> get information on Step Out: Walk to Stop Diabetes, Camp Needlepoint/Daypoint and the Family Link program.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use <a href="http://www.diabetes.org">www.diabetes.org</a> for information about camp.</li> <li><input type="checkbox"/> Sign up for the Step Out: Walk to Stop Diabetes</li> <li><input type="checkbox"/> Sign up as an advocate for diabetes issues.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Participate in the Diabetes Showcase Show Down (Price is Right) at 12:00 pm on the <b>Main Stage</b>.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Go to ADA Experience and sign up for the Walk.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<p>Visit a <b>Health Coach as you exit Hall E</b> to set a goal based on what you learned at the Diabetes EXPO. Enter to win a Gruve Wireless Fitness Tracker. <b><u>You do not have to complete a Pathway to set goals with a Health Coach.</u></b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Healthy Eating</li> <li><input type="checkbox"/> Active Living</li> <li><input type="checkbox"/> Follow up with Physician</li> <li><input type="checkbox"/> ADA Resources</li> </ul>

**NOTE: Color Coding of Pathways to Better Health Correspond to the Floor Plan**

Pathways to Better Health  
Sponsored by Novo Nordisk, Inc.





***Mission: To prevent and cure diabetes  
and to improve the lives of all people affected by diabetes.***

**Alphabetical Exhibitor Listing**

613 Abbott Diabetes Care  
506 Allina Health  
533 Amylin Pharmaceuticals, LLC  
615 Bariatric Programs of Allina Health  
836 Bath Fitter  
741 Bayer HealthCare  
528 Children's Hospitals and Clinics  
617 Colgate Total  
715 The Dental Specialists  
413 Dexcom  
421 Dr. Comfort  
505 Ergotron  
621 Extend Nutrition  
716 Fairview Health System  
838 Food Addicts & Recovery Anonymous  
407 Food and Drug Administration  
739 Foot Solutions  
409 Geritom Medical, Inc.  
814 HealthPartners  
518 HearPO  
429 Hennepin County Medical Center  
530 IncrediWear  
713 Lifescan, Inc. & Animas Corporation, Part of the Johnson & Johnson Family of Companies  
625 Lilly USA, LLC  
529 Mayo Clinic  
325 Medifast Weight Control Centers  
519 Medtronic Minimed, Inc.  
424 Merck, Journey for Control  
720 Metropolitan Area Agency on Aging - Senior LinkAGE Line  
816 Midwest Podiatry Centers  
417 Minneapolis Indian Health Board  
619 Minneapolis Veterans Affairs Health Care System  
526 Minnesota Academy of Ophthalmology  
719 Minnesota Diabetes & Heart Health Collaborative  
626 Minnesota Lions Diabetes Foundation  
630 Minnesota Pork Board  
427 MIU Cooler  
818 Noran Clinic Sleep Center  
701 Novo Nordisk, Inc.  
433 OmniPod  
403 OptumRx  
527 Overeaters Anonymous  
712 Park Dental  
525 Park Nicollet: International Diabetes Center and Melrose Institute  
425 Pfizer  
502 Prism Research  
840 Prudential Financial  
714 PureFresh, LLC  
737 Renewal by Andersen  
721 Roche Diagnostics Corporation  
601 Sam's Club  
513 Sanofi  
531 SlimGenics  
516 Storck USA - Werther's Original Sugar Free  
628 Summit Foods, Inc.  
718 SweetLeaf Stevia Sweetener  
405 Tamex Laser, LLC  
806 Tandem Diabetes Care, Inc.  
504 Thirs-Tea Corporation  
514 Ucare  
842 University of Minnesota Medical Center, Fairview - Transplant Center  
401 Upsher-Smith Laboratories, Inc.  
313 Walgreens  
607 Walmart  
431 We Insure Diabetics

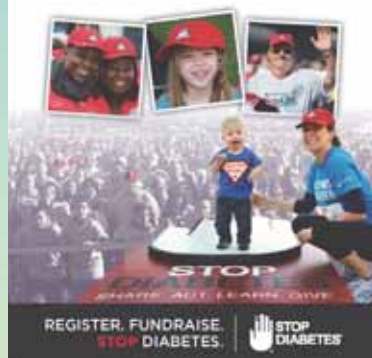
-CONTINUED-



**TAKE THE FIRST STEP.  
REGISTER TODAY at  
[diabetes.org/stepout](http://diabetes.org/stepout)  
or call 1-888-DIABETES.**

**STEP OUT | WALK  
TO STOP DIABETES®**

American Diabetes Association.  
**Why walk?** For yourself.  
For your loved ones.  
For the 26 million Americans  
with diabetes.



**Join Us On Saturday,  
October 27th  
General Mills Campus  
Golden Valley  
For Twin Cities Step Out:  
Walk to Stop Diabetes!**

**Special Thanks To:**

Diabetes EXPO Planning Committee and Chairs  
Dr. Kevin Peterson and Dr. Nacide Ercan-Fang  
Diabetes EXPO Day of Event Volunteers

**Additional Thanks To:**

Allina Health  
American Kidney Fund  
Beltmann Relocation Group  
Children's Hospitals and Clinics of Minnesota  
Community Health Charities  
Delta Dental  
Gruve Technologies, Inc.  
HearPO  
HealthEast Diabetes Care  
HealthPartners  
Hennepin County Medical Center  
Indian Health Board  
Lilly USA, LLC  
Lower Sioux Tribal Council  
Medifast Weight Control Centers  
MetroTransit  
Midwest Podiatry Centers  
Minneapolis Veterans Affairs Health Care System  
Minnesota Lions Clubs of 5M  
Minnesota Department of Health  
Minnesota Healthcare News  
Minneapolis St. Paul Diabetes Educators (MSDE)  
Native American Community Clinic  
NemerFieger  
Noran Clinic Sleep Center  
Novo Nordisk, Inc.  
Olmsted Medical Center and Regional Foundation  
Park Dental  
Park Nicollet, International Diabetes Center  
Park Printing  
Prism Research  
Radio Disney  
Sam's Club  
Shakopee Mdewakanton Sioux Community  
SpyderTrap  
Treasure Island Resort & Casino  
West Central Wisconsin Association of Diabetes Educators  
Walmart  
Ucare  
Upsher-Smith Laboratories, Inc.

**Ask the Expert Area**

**Get ALL of your questions answered by medical professionals**

**Behavioral Health  
Certified Diabetes Educator  
Endocrinologist  
Exercise Coach  
Family Medicine  
Insulin Pump/CGMS  
Insurance Specialist**

**Nephrologist  
Ophthalmologist  
Pediatric Endocrinologist  
Pharmacist  
Podiatrist  
Registered Dietitian**

**-CONTINUED-**

419 Whitney Sleep Center  
415 Whole Foods Market  
717 YMCA Diabetes Prevention Program  
808 Zevia Natural Soda