

JDRF

SPEAKER SERIES

MAY 28 @ 7:00PM EST

Kerri Sparling - Writer and Author, Type 1 Since 1986

Kerri is a passionate advocate for all-things diabetes. She is the creator and author of Six Until Me, one of the first and most widely-read diabetes patient blogs, reaching a global audience of patients and caregivers. Her first book, Balancing Diabetes, looks at T1D in the context of “real life.” Kerri has experienced a full childhood, the teen years, the college experience, pregnancy and parenting, with diabetes along for the ride. Kerri aims to spread a message of hope versus fear through the power of social media, advocacy, and storytelling. Kerri’s participation is part of Tandem Diabetes Care’s Live Life in Full Color speaker series.

JUNE 11 @ 7:00PM EST

Summer Clean Eating Reset *featuring* MaryAnn Jones, Habit Change Health Coach

MaryAnn, a T1D mom, will share her secrets for success in the kitchen - how to shop and chop your way to effortless meal planning. She will share her pantry and fridge favorites to make clean food taste delicious. Your questions are encouraged.

JUNE 25 @ 7:00PM EST

The A1C Shift Method *with* Lauren Bongiorno, Diabetes Health Coach

Lauren will share her signature 5-phase method she uses to help clients lower their A1C and increase their time in range. Lauren, living with T1D for 20 years, coaches hundreds of clients in her programs and courses since 2015.

JUNE 29 @ 7:00PM EST

T1D and Emotional Health, *led by* Dara Melnick LMHC,

Dara has been living with T1D for over 30 years and in this interactive virtual session, you will learn new ways to successfully live with a chronic condition while being able to combat and surrender to diabetes burnout. You will leave the session feeling empowered to utilize new coping skills to support yourself and/or a loved one with T1D.

COMING SOON!

Basic Diabetes Care for extended family and friends. Stay tuned for more details!

PLEASE RSVP TO
BETSY PAFFMANN AT BPaffmann@JDRF.org