



## Keys to a Vibrant Life with Diabetes

Join us in celebration of World Diabetes Day for medical advice on healthy living with diabetes, education, cooking demonstrations and tastings, and inspirational personal stories.

- Watch and sample a live cooking demo with local chef Emily Dellas.
- Discussion of technology use in diabetes with Dr. Karen Earle and Gloria Yee, RN-CDE.
- Healthy dinner, raffle prizes and more.

**Where:** CPMC - Pacific Campus  
Enright Room  
2333 Buchanan St.  
San Francisco

**When:** Friday, November 9<sup>th</sup>  
5:30 - 8:00 p.m.

**RSVP:** [www.cpmc.org/worlddiabetesday](http://www.cpmc.org/worlddiabetesday)  
or 415-600-0120



world diabetes day





### Emily Dellas



Local San Francisco chef, Emily Dellas, focuses on time efficient methods with importance on fresh, local, whole ingredients. She likes to create menus that people can prepare themselves, and feel good about eating on a regular basis. She has been featured in San Francisco Bay Guardian, SFweekly.com, Daily Candy, and The Wall Street Journal online.



### Gloria Yee

Certified Diabetes Educator, Gloria Yee, RN has specialized in diabetes for over 20 years and provides individualized self-management training to patients. She is a popular presenter to healthcare professionals, bringing awareness and raising funds for national and local diabetes organizations.



### Karen Earle, M.D.

Dr. Earle is the chief of endocrinology at CPMC and medical director for the Center for Diabetes Services. Her busy endocrine practice treats patients with both Type 1 and Type 2 diabetes. Her practice combines the latest medical therapies and technology (insulin pumps and continuous glucose monitors) along with education to help patients make healthy lifestyle choices.



### Eve Agenda

**5:30pm** Karen Earle, MD  
**Welcome**

**5:45pm** Chef Emily Dellas  
**Healthy Cooking Class**

**6:45pm** Break / Dinner

**7:00pm** Gloria Yee, RN, CDE and  
Karen Earle, MD  
**Diabetes in 2018  
and Beyond**

To reserve your free seat, RSVP:

**[www.cpmc.org/worlddiabetesday](http://www.cpmc.org/worlddiabetesday) or 415-600-0120**