





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.

- Get tips to live a healthy and vibrant life with diabetes from endocrinologist Dr. Karen Earle. 
- Watch and sample a live cooking demonstration with celebrity chef Tiffany Derry. 
- Discuss aspects of family life with diabetes with specialist Gloria Yee, RN. 

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

When: Friday, November 18th 
5:30 - 8:00 p.m.

RSVP: http://bit.ly/vibrant_SH
or 415-600-0120



Keys to a Vibrant Life with Diabetes





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.



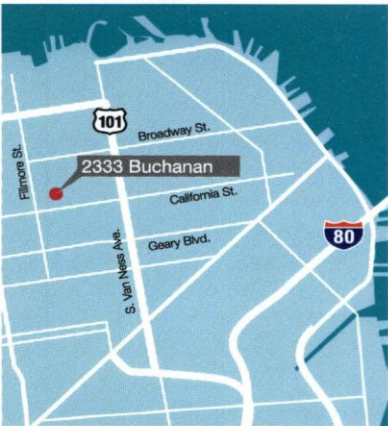
Gloria Yee

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.



Event Agenda

- 5:30_{pm} Karen Earle, MD
Welcome
- 5:45_{pm} ~~Tiffany Derr~~ 
Healthy Cooking Class
- 6:45_{pm} Break / Dinner
- 7:00_{pm} Gloria Yee, RN, CDE and
Karen Earle, MD
**Top 5 Tips for Healthy Living
with Diabetes**

To reserve a free seat, RSVP:

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