

Knowledge Bursts and Game Changers to Take Action in Diabetes

November 9, 2023

1:30-3:00pm MST



In this fun-filled diabetes session, participants will partake in a friendly game. Together, we'll learn and laugh and be inspired toward diabetes empowerment and self-management

Learning Outcomes:

- Inspire hope and possibility for a beautiful future in diabetes
- Learn about what we are trying to achieve in diabetes self-management
- Prompt participants to consider how to take action to make a difference in diabetes

Speakers:

Barbara MacDonald, RN, CDE, MS-DEM, lives and works as an uninvited guest on Treaty 4 Territory, including the Očhéthi Šakówin, Blackfoot / Niitsítapi nations and the homeland of the Métis. She is settler with Scottish ancestry. Barbara is passionate about broadly influencing the environment and people within it, to make these hopes a reality for all people with diabetes.

Rebecca Sovdi, RD, CDE, MPH, lives and works as an uninvited guest on the traditional territories of the Quw'utsun, Halalt and Penelakut Nations, who have stewarded and cared for the lands for thousands of years. She is a settler with French, Dutch and German ancestry. She believes that all people living with diabetes deserve high quality care and respect, and an opportunity to live a happy and fulfilled life.

Together, Barbara and Rebecca have formed IDEA Diabetes, with a dream to foster hope and make diabetes better for everyone. IDEA Diabetes is involved in project based and consulting work, and also offers diabetes workshops and tools for people with diabetes and those who support them, including healthcare providers. Recently, IDEA Diabetes worked alongside the National Indigenous Diabetes Association to lead an engagement process from coast to coast to coast with Indigenous people to form a vision for a bright future with diabetes; a component of the National Diabetes Framework.



Target Audience: Anyone who has a connection to diabetes - Everyone is welcome

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