

# 8<sup>th</sup> Annual Diabetes Fall Forum



**Date:**

**Saturday, November 5th, 2011**

**Time:**

**8:00am Registration & Exhibits  
& Ask the Experts**

**10:00am – 12:30pm  
Presentations**

**12:30pm – 1:00pm  
Door Prizes**

**Location:**

**The Coast Plaza Hotel &  
Conference Centre  
1316 33rd Street NE Calgary**

**Register online at  
[www.diabetes.ca](http://www.diabetes.ca) or  
call 403-266-0620**

**Presentations:**

**Sodium - Shake the Habit! Healthy Eating  
Tips to Help Control Your Sodium Intake**

Presented by Belinda Nicas, RD

**10:00-11:00**

**A Healthy Conversation about Fat and  
Diabetes**

Presented by Dr. David Lau, M.D., Ph.D., FRCPC

**11:30-12:30**

***Highlight your Health***