

Happy New Year to all the Lions of MD-19. This year is an exciting time to be a Lion. We have so many more chances to better our communities because it seems the needs continue to rise each year. LCI continues to provide each Lion with additional tools, on line trainings, more up to date literature, and programs to grow our clubs.

The Lions Diabetes newsletter this month will focus on a very special opportunity in line with one of our Lions Global initiatives, Diabetes. This ongoing very successful program gives participants the ability to better learn and control their diabetes. I would strongly encourage any MD-19 Lion that has diabetes to come to this great program. This conference would also be very beneficial to any Lion that has a Family member with diabetes or if you are involved in any of our Diabetes Camps for Kids.

The article below was submitted to me to encourage Lions to learn the very latest products and techniques to better manage your Diabetes. Now, it's up to each of you to take better control of this devastating disease!

Article submitted by: Brian Ballard - - - Community Outreach Mgr. for Taking Care of Your Diabetes Co.

Taking Control of Your Diabetes (TCOYD) Comes to Bellevue, WA.



Since 1995, Taking Control of Your Diabetes has been transforming the way people live with diabetes by encouraging them to take a more active role in their condition through education, motivation, empowerment and believe it or not...humor.

The humble beginning of TCOYD started out as a desire for more. Founder and Director Steven Edelman, MD, a type 1 himself, wanted better care than what was currently offered to the diabetes community he belonged to and a new way of understanding what stood in front of those with diabetes.

In 1995 TCOYD hosted their first ever conference at the San Diego Convention Center to inspire those with diabetes to take control of their condition and live the best life they can. This event set a new standard as TCOYD did things differently by bringing the most important information about diabetes care and management straight to the person with diabetes.

TCOYD has grown to become the national leader in providing world-class diabetes education both to people with diabetes and healthcare providers. At the close of 2018, TCOYD has hosted over 450 programs and events and has continued to provide a cutting-edge continuing medical education program that provides the most up-to-date care and management strategies from world-class key opinion leaders to healthcare professionals.

For over two decades, TCOYD has been the name in the diabetes community when it comes to in-person events to motivate, educate and inspire. In 2017 the TCOYD brand expanded to add a digital platform to adapt to the ever-changing landscape in the diabetes world. This evolution created a one-of-a-kind experience that combines live in-person events with a one-stop resource center focused on digital relationships and information.

From the very beginning, Founder Dr. Steven Edelman has made sure to keep it light and entertaining in order to make a difficult subject palatable. His humor has always defined the TCOYD experience and this is showcased in every interaction with the organization. TCOYD continues to fully embrace what has always set it apart...humor.

The TCOYD mission, experience and way of life gives every person affected with diabetes the freedom to have fun, TAKE CONTROL and be YOU!

TCOYD is excited to bring their flagship national conference and health fair to the Seattle area on Saturday, February 9, 2019 at the Meydenbauer Center. The event runs from 7:30am until 5:00pm and lunch is included.

For more information and to register visit www.tcoyd.org/bellevue. Use the promo code 'Lions' for \$5 off at registration.

Let's make this a life changing event to help better control our DIABETES.....

Thanks!

Lion Tom Smarsh - - - MD-19 Lions Diabetes Chairman.