

Did You Know...

If you think learning to live with diabetes is like climbing Mount Everest,



we'll introduce you to a man who has done both.

St. Joseph Healthcare presents the second annual

Diabetes Expo

Friday, November 4 • Jeff's Catering in Brewer

A full day of workshops and exhibits on diabetes self-management:

- Diabetes treatment & equipment vendors
- Motivational speakers
- Lectures & educational sessions

Tickets are \$5 each on sale beginning September 12

For information: 907-1187

email: sjdiabetesinstitute@sjhhealth.com

web: www.stjoeshealing.org
Click the Diabetes Institute link

Keynote Speaker: Will Cross, pioneer, adventurer and type 1 diabetes patient.

Will is an outstanding public speaker who has climbed the highest peaks on all seven continents including three climbing adventures on Mount Everest. He is the only diabetes patient to have ever achieved this goal. His next climb will be another ascent of mighty Everest from September 1 to October 15, 2011.

Will has successfully ascended Mount Kilimanjaro in Africa, as well as the

Matterhorn in the Swiss Alps and the Grand Tetons in Wyoming. He has also walked across both the North and South Poles. He has led expeditions to the ends of the earth, including climbs on 15 unmapped mountains in Greenland, expeditions in Patagonia, the Ruwenzori range in Africa, the Sahara Desert and the Thar Desert of India.

Will has lived with Type 1 Diabetes for more than 30 years. His inspiring message: if *he* can control his diabetes in the most unlikely conditions, then *no one* should feel hindered by the diagnosis of diabetes.



I was impressed by Will's evident leadership qualities, his vision and determination, his considerable expertise and strength.

- Hon. Alexandra Shackleton, granddaughter of Antarctic explorer Sir Ernest Shackleton

Presented by the St. Joseph Diabetes Institute



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St. Joseph Hospital
In the Spirit of Healing

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