



NonProfit Org.
U.S. Postage
PAID
Permit No. 110
Syracuse, NY

Drumlins Country Club
800 Nottingham Road, Syracuse NY

DIRECTIONS

THRUWAY COMING FROM EAST OF SYRACUSE:

NYS Thruway to exit 34A. Take 481 South to Exit 2 for Jamesville. There will be a light at the end of the off ramp. Turn right on to Jamesville Road. Immediately get into the left lane and turn left onto Nottingham Road at first light. Follow Nottingham Road 1.7 miles to stop sign. Bear left. Drumlins will be .3 miles down on your left.

THRUWAY COMING FROM WEST OF SYRACUSE:

NYS Thruway to Exit 36 to Route 81 South. Take Exit 17 for Brighton Ave. and S. State St. At light off exit ramp, turn Right onto S. State St. Proceed .3 miles to next light and turn Right onto E. Covin St. Follow E. Colvin St. through three traffic lights, (1.8 miles). At the fourth light, turn Right onto Nottingham Rd. Pass the front of P&C Grocery Plaza and Drumlins will be just around the bend on your right.

ON ROUTE 81 NORTH COMING FROM SOUTH OF SYRACUSE:

Route 81 North to Route 481 North. Take Exit 2 for Jamesville. At bottom of off ramp, turn Left at traffic light onto Jamesville Rd. At the second traffic light, turn Left onto Nottingham Rd. Follow Nottingham Rd. 1.7 miles to stop sign. Bear left. Drumlins will be .3 miles down on your left.

ON ROUTE 81 SOUTH COMING FROM NORTH OF SYRACUSE:

Route 81 South to Exit 17 for Brighton Ave. and S. State St. At light off exit ramp, turn Right onto S. State St. Proceed .3 miles to next light and turn Right onto E. Colvin St. Follow E. Colvin St. through three traffic lights (1.8 miles). At the fourth light, turn Right onto Nottingham Rd. Pass the front of P&C Grocery Plaza and Drumlins will be just around the bend on your Right.

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 **Joslin Diabetes Center**
Affiliate at SUNY Upstate Medical University

750 East Adams Street
Syracuse, NY 13210

Sponsored by the American Diabetes Association, Joslin Diabetes Center at Upstate Medical University and Novo Nordisk.

Seating for this free community event is limited.

To register for this seminar please call:
1-800-464-8668 or 464-8668

9TH ANNUAL

FREE
CNY Community
Diabetes Forum

Wednesday, November 4

Drumlins Country Club
800 Nottingham Road
Syracuse NY

5 to 8 p.m.



Guest Speaker: Will Cross: Adventurer

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*Guest Speaker: Will Cross:
Adventurer*

Forum Program

5 to 6 pm	Exhibitor Booths
6 to 6:05 pm	Welcome & introductions
6:05 to 7 pm	Will Cross, Keynote Speaker
7 to 7:30 pm	Breakout sessions: (please note your first and second choices)
	___ Diabetes and the Eye
	___ Diabetes and Happy Feet
	___ Physical Activity: You Can Do It!!!
	___ Portion Distortion
7:30 to 8 pm	Question & Answer session

Refreshments appropriate to the hour will be provided

Will Cross was diagnosed with type I diabetes in 1976, when he was 9 years old, and he's living proof that people with diabetes can do anything. This world-class athlete reached the North Pole on foot on April 20, 2001 – it was just a training run! He walked to the South Pole in 2002 where he stayed for two months. Among his other expeditions, Will has ascended the highest peaks on all seven continents. He has climbed 15 unmapped, unexplored mountains in Greenland and has participated in expeditions to Patagonia, Mountains of the Moon, the Sahara Desert, and the Thar Desert of India. Will is married, with six children. He has his Masters in Education, and is a specialist in educational programs for troubled teens.

Will's achievements have been covered by CNN, BBC, The Today Show, Discovery Channel, Voice of America, KDKA News and Talk Radio, and ABC, CBS, and NBC national affiliate stations. He has also appeared in publications such as The Wall Street Journal, USA Today, The New York Times, Explorers Journal, and GQ. During 2003 and 2004, Will delivered an inspirational Public Service Announcement viewed by over 17 million people.

Will Cross applies his everyday management of diabetes and his organizational skills as a world class expedition leader to motivating and inspiring others. His delivery is specific, powerful and lasting.

Sponsored by the American Diabetes Association, Joslin Diabetes Center at Upstate Medical University and Novo Nordisk.

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