



ADULT RETREAT

Diabetes Youth Families supports those affected by type 1 diabetes so they may lead full, healthy, beautiful lives, NOW!

A weekend for adults 18+ with type one diabetes packed with outdoor adventure, engaging workshops, and incredible people!



DATE: JULY 25-27

LOCATION: BEARSKIN MEADOW CAMP

Set against the backdrop of the stunning Sequoia National Forest, Adult Retreat provides unparalleled diabetes support and community.

ACTIVITIES INCLUDE:

- **Mornings** are spent in diabetes education sessions on important diabetes topics ranging from pregnancy, to drugs & alcohol, to new technology, and everything in between.
- **Afternoons and evenings** are spent enjoying nearby Kings Canyon and Sequoia National Parks, participating in traditional camp activities, and enjoying group meals together.

This weekend program will re-invigorate you, connect you with other T1D adults, and allow you to brush up your diabetes management skills.

Visit [DYF.org](https://dyf.org) to find out more information and register now!



For more information, please visit our website at dyf.org or call 925-680-4994.

This institution is an equal opportunity provider operating under special use permit with the Sequoia National Forest.

