



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

***Bring the family to enjoy a beautiful spring weekend filled with community, learning, and fun!***



**DATE: MARCH 14TH-16TH**

**LOCATION: MT. GILEAD, SEBASTOPOL**

***Spring Family Retreat is a weekend of recreational activities and diabetes education for children and teens (0-17) with T1D and their family members.***

**Activities Include:**

- The Goliath Swing!
- Archery
- Planting Spring Flowers
- Walks through the redwoods
- Education Sessions led by diabetes professionals about the latest in diabetes technology, living with diabetes, mental health, and diabetes care.



**Keynote Speaker: Dr. Justin Altschuler**

*Starting the T1D Journey: It's not a sprint, be kind to yourself*

In this session, Dr. Justin will lead a discussion about how diabetes integrates with the rest of life, and how managing diabetes is quite similar to other parenting challenges that families faced before diagnosis.

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



For more information, please visit our website at [dyf.org](http://dyf.org) or call 925-680-4994.

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

