

Animas Canada invites you to

Intensity Matters: Exercise in Type 1 Diabetes



Presented by: Dr. Jane Yardley

Dr. Jane Yardley completed her PhD in Population Health at the University of Ottawa in 2011. Since then, she has completed a one-year post-doc in Thermal Physiology at the University of Ottawa, and a one-year post-doc in Clinical Exercise Physiology at the University of Manitoba. Over this time, her research focused mostly on the acute effects of different types of exercise on blood glucose levels in individuals with Type 1 diabetes. Her recent research has also included projects related to physical activity in islet transplant patients and individuals with Type 2 diabetes.

Dr. Yardley is currently looking at ways to address the shortage of resources related to Type 1 diabetes and exercise for diabetes care providers. She is also one of the authors of the American Diabetes Association's 2016 Position Statement on Physical Activity/Exercise and Diabetes.

Monday, May 15, 2017; 6-9pm

Bingemans - Heritage Room C
425 Bingemans Centre Drive
Kitchener, ON N2B 3X7

Bowling, pizza and refreshments will be provided.

Tuesday, May 16, 2017; 6-8pm

Mackenzie Hall Cultural Centre
3277 Sandwich Street West
Windsor, ON N9C 1A9

To RSVP, please contact Heather Worboys
by email at hworboys@its.jnj.com.

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