

# Learning to Live With Purpose & Passion

*An evening with Quinn Nystrom*

## Embracing a Full & Beautiful Life

Life is a series of reactions to unpredictable circumstances. Quinn was 13 years old when she was diagnosed with type 1 diabetes, a chronic disease with no cure. Years later she sought treatment for an eating disorder. Hear her story of finding hope in life's toughest moments.



Quinn Nystrom is a well-known and respected advocate in the diabetes world who shares her remarkable story of living with type 1 diabetes and her recovery from an eating disorder. She's been featured nationally on XM Radio, Glamour Magazine, MSN, Diabetes Forecast and The Learning Channel (TLC). Quinn founded Dateline Diabetes, a non-profit foundation, and authored the book, *If I Kiss You, Will I Get Diabetes?* She is a dynamic and passionate speaker who brings a hopeful message of living a full and beautiful life.

**When:** Thursday, April 20, 2017 at 6:30pm  
(Doors open at 6:15pm / Light refreshments)

**Where:** Hampton Inn & Suites – Green Hills  
2324 Crestmoor Road, Nashville, TN

**Cost:** **FREE** and open to the general public  
(Free valet parking available)

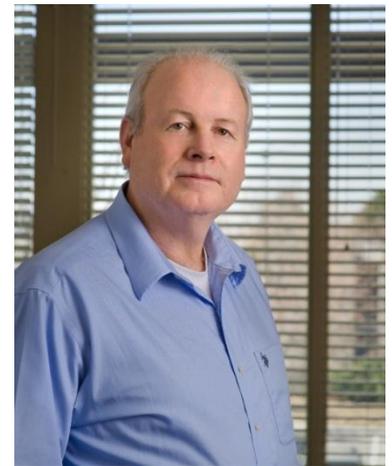
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**Opening presentation featuring Michael E. Berrett, PhD, CEDS  
Psychologist, CEO, and Co-Founder, Center for Change**

*Taking Care of Yourself While Helping a Loved One Who is in an Addictive Process*

This presentation is designed to offer help and support for those who may have a loved one struggling with an addictive process, be it substances, eating disorders, gambling, sexual addiction, etc. Dr. Berrett will outline the process of addiction and offer ways to support a loved one while still taking good care of oneself. This presentation is not only educational, but also offers hope for those involved in an addictive process, as well as the people who love them. Learn more at [www.CenterforChange.com](http://www.CenterforChange.com).



***Dr. Berrett and Quinn will also headline a clinical training for professionals:  
Friday, April 21, 2017 \* 8:00am – Noon \* Hampton Inn & Suites - Green Hills, Nashville, TN  
For more information or to register for the training, go to [www.CenterForChange.com](http://www.CenterForChange.com)***