



Dr. Tigerson Young, Registered Psychologist

Dr. Tigerson Young is a registered psychologist in BC. He works in a full-time private practice. He is an adjunct faculty at UBC, Kwantlen Polytechnic University, and Thompson Rivers University. He also hosts a monthly radio show with Ms. Deborah Moore on AM1470.

Session: *Stress management for people with diabetes and their family caregivers*

- Objectives:**
1. Understand how stress can affect blood sugar levels
 2. Learn strategies on how to reduce stress
 3. Learn strategies on how to provide emotional support as a caregiver

Date: Day 2 – Sunday, November 20, 2022