

Opportunity to Help Develop a Person Centered Approach to Diabetes Self-Management



We're looking for people who:

- ✓ Identify as having an intellectual and/or developmental disability
- ✓ Or identify as neurodivergent
- ✓ Have type 2 diabetes or are pre-diabetic
- ✓ Are 18 years or older
- ✓ Would like to earn \$25.00

Interested?

- Email Toby Rickard at toby@cognitopia.com or call Tom Keating at 541-636-2164 to learn how to get involved.

This is an invitation to apply to participate in a research project on self-management of Type 2 Diabetes for individuals with intellectual and developmental disabilities conducted by Tom Keating, PhD through Cognitopia, Inc. To learn more about Cognitopia, go to <https://www.cognitopia.com>

4 weekly 1.5
hour online
classes

Learn about
healthy living with
type 2 diabetes

Make social
connections

Set healthy
lifestyle goals

Have fun!



Cognitopia

Where self-determination
comes to life™