

REGISTERED NURSE · NATIONAL SPEAKER

ADRIENNE MAYE

RN, BSN, CDCES

Founder, Moving Forward with Diabetes Management, LLC

INSPIRE. EDUCATE. EMPOWER.

25+ YEARS
Healthcare experience in chronic disease management

ADCES22 + 26
National conference speaker

AUTHOR
Beating the Sugar B.E.A.S.T.™

ABOUT ADRIENNE

Adrienne Maye is a Registered Nurse and Certified Diabetes Care and Education Specialist (CDCES) with more than 25 years of experience in chronic disease management, patient education, population health, and community health. Her work emphasizes chronic disease prevention, effective health education, and improved health outcomes across clinical and community settings.

She is the author of **Beating the Sugar B.E.A.S.T.™: Lifestyle Management for People of Color Living with Diabetes.**

A national speaker, Adrienne most recently presented at the 2026 Association of Diabetes Care & Education Specialists Annual Conference (ADCES26). She participated in the symposium *Game Plan for Basal Insulin: Winning Strategies from Initiation to Adjustment*, addressing basal insulin initiation and the role of the CDCES in patient-centered care.



On stage at ADCES26

FEATURED TOPICS

01 **Prediabetes Prevention: Small Changes That Create Lasting Results**

Practical strategies to reduce type 2 diabetes risk.

02 **Diabetes Beyond the Numbers: Understanding the Person Behind the Diagnosis**

Patient-centered approaches to chronic disease management.

03 **Health Literacy Is a Patient-Safety Issue**

Improving communication, understanding, and patient outcomes.

04 **Beyond Noncompliance: Understanding Barriers to Medication Adherence**

Addressing challenges through empathy and education.

05 **Self-Care, Diabetes Burnout & Behavior Change**

Supporting emotional well-being and building realistic habits that support long-term health.

06 **Advancing Health Equity Through Everyday Healthcare Practice**

Delivering culturally responsive healthcare education.

Presentation topics may be customized to meet organizational goals and audience needs.

FORMATS

- Conference keynotes and professional presentations
- Interactive healthcare workshops
- Nursing and clinical staff education
- Corporate employee wellness sessions
- Community health education events
- Virtual webinars and Lunch & Learns
- Panel discussions and podcast appearances

SPEAKING PACKAGES

A

Essential Education

45–60 MIN · VIRTUAL

Employee wellness, virtual conferences, community organizations, and professional development.

B

Professional Impact

60–90 MIN · IN-PERSON KEYNOTE OR SEMINAR

Hospitals, nursing conferences, professional associations, and corporate wellness events.

C

Transformational Learning Experience

3–4 HOURS · HALF-DAY WORKSHOP

Healthcare teams, hospital education departments, and clinical leadership.

Speaking fees are available upon request. Custom packages and multi-session engagements are also available.

PAST STAGES AND FEATURES

ADCES26 Annual Conference · ADCES22, Baltimore MD · Empowered Nursing Leaders Summit · Health Unmuted podcast · Color of Wellness · StepOut 2026 × MFDM · Bold Journey Magazine · CanvasRebel Magazine







INVITE ADRIENNE TO SPEAK AT YOUR NEXT EVENT

Share your organization, event date and location, preferred topic, audience size, format, and speaker budget.

BOOKING

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