



# FFL Arlington Adult Program

## FRIDAY, MARCH 7

7:00 – 9:00	Registration opens! Grab your program, t-shirt, name badge and wristbands, then join us for lite bites, refreshments, and a cash bar with the Exhibitors in Salon 1-3.
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## SATURDAY, MARCH 8

	Salon 4	Salon 5-6	Studio F
8:00 – 9:00	Buffet Breakfast in Salon 4		
9:00 – 10:00	Opening Keynote - Diabetes is a Marathon, not a Sprint (Salon 4) Ashlyn Mills and Jeremy Salko		
10:00 – 11:00	Refreshment Break and Exhibits Open in Salon 1-3		
11:00 – 12:00	Core Nutritional Recommendations for T1D Kelly Schmidt, RD, LDN	Screening for T1D: When to Screen and What to do if Positive Shideh Majidi, MD	Moms in the Trenches: Real Conversations, Real Support Leigh Fickling, JD, MEd, MS
12:00 – 1:30	Buffet Lunch in Salon 4		
1:30 – 2:30	The Evolving Journey: Parenting Children with Diabetes Through the Years Maureen Monaghan, PhD, CDCES	Common Challenges with T1D and Digestion: Symptoms and Solutions Kelly Schmidt, RD, LDN	Dads on Duty: Diabetes Dialogue Ray Benedetto, DM, MS, LFACHE
2:30 – 3:30	Refreshment Break and Exhibits Open in Salon 1-3		
3:30 – 4:30	Beyond the Device: Real-Life Integration of Automated Insulin Delivery Systems Melissa Rearson, MSN, CRNP	Empowering Accessibility: Understanding and Implementing ADA Accommodations in Schools, the Workplace, and Beyond Leigh Fickling, JD, MEd, MS	
8:00 - 10:00	Fiffle Social– Snacks, Desserts, Drinks, Karaoke (Salon 4), and games in Studio F		

## SUNDAY, MARCH 9

	Salon 4	Salon 5-6	Studio F
8:00 – 9:00	Buffet Breakfast in Salon 4		
9:00 – 10:00	Beyond the Numbers: Anxiety and Family Conflict in Diabetes Data Management Jacinta Florek, LMSW, MPH	Preventing Complications from T1D Alyson Myers, MD	Overcoming Fears About Screening Kids for T1D Rhodes Ritenour, JD & Alana Ritenour, JD
10:00 – 11:00	Refreshment Break in Salon 1-3		
11:00 – 12:00	Red Light, Green Light: Addressing Insurance Roadblocks April Gutmann and George Huntley	Like. Love. Bolus. Dating and Situationships with Diabetes: A Parents Survival Guide Leigh Fickling, JD, MEd, MS	Living Well with Diabetes: Prioritizing Your Mental Health Jacinta Florek, LMSW, MPH
12:00 – 1:30	Buffet Lunch in Salon 4		
1:30 – 2:30	Table Talks: Meet Speakers for Rotating Discussions (Salon 4) All faculty		
2:30 – 3:30	Refreshment Break in Salon 1-3		
3:30 – 4:30	Closing Keynote - Serving the Public: a Career in Uniform with Diabetes (Salon 4) Kenneth Moritsugu, MD, MPH, FACPM, Rear Admiral, USPHS (Retired)		



# FFL Arlington Youth Program

SATURDAY, MARCH 8				
	Kiddie Kove Studio A	Elementary Studio D	Tween Studio B	Teen Studio C
8:00 – 9:00	Buffet Breakfast in Salon 4			
9:00 – 10:00	Welcome Kiddie Kove Space Explorers!	Ice Breakers: Connections and Team Building	Ice Breakers: Getting to Know the Tweens	Icebreakers & Scavenger Hunt
10:00 – 11:00	Refreshment Break and Exhibits Open in Salon 1-3			
11:00 – 12:00	Space Crafts for Little Hands	Fun with Food: Exploring Healthy Eating	Music Mania: Guess the Movie, Song, or Artist	Everything is Fine, Why am I Crying? <small>Maureen Monaghan, PhD, CDCES</small>
12:00 – 1:30	Buffet Lunch in Salon 4			
1:30 – 2:30	Space Explorers with Sports Central	Get Connected: Special Sessions for Orange and Green Bands	Food: The Fun Fuel <small>Kristen O'Dell MS, RD, CDCES</small>	Would You Rather: Diabetes Edition <small>Melissa Rearson, MSN, CPNP</small>
2:30 – 3:30	Refreshment Break and Exhibits Open in Salon 1-3			
3:30 – 4:30	Storytime Adventures for Space Explorers	Team Challenge: Scavenger Hunt	Game Time with a Diabetes Twist	Sports Central: Let's Get Moving
8:00 - 10:00	Fiffle Social– Snacks, Desserts, Drinks, Karaoke (Salon 4), and games in Studio F			

SUNDAY, MARCH 9				
	Kiddie Kove Studio A	Elementary Studio D	Tween Studio B	Teen Studio C
8:00 – 9:00	Buffet Breakfast in Salon 4			
9:00 – 10:00	Welcome Back Kiddie Kove Space Explorers!	Sports Central: Active Play and Friendly Competition	Core Memories Loading: What Make You, You <small>Maureen Monaghan, PhD, CDCES</small>	Let's Talk About Tech
10:00 – 11:00	Refreshment Break in Salon 1-3			
11:00 – 12:00	Creative Astronauts at Work	Movie Time: A Chance to Unwind	Sports Central: Let's Get Moving	The Great Escape
12:00 – 1:30	Buffet Lunch in Salon 4			
1:30 – 2:30	Blast Off! Stretch and Move	Adventures in Play: Games and Team Challenges	Create Your Superhero: Powers, Costumes, and Identity	Diabetes Jeopardy: Test Your Knowledge!
2:30 – 3:30	Refreshment Break in Salon 1-3			
3:30 – 4:30	See ya later, Space Explorers!	Our FFL Scrapbook: Creating Memories and Keepsakes	Showtime: Movie Hour & Wrap Up	The Face of Diabetes