



## Adult Program

### FRIDAY, APRIL 5

7:00 – 9:00	Registration is located at the Convention Center Registration Desk. Exhibits open in Alexandria I and II with dessert reception and light refreshments.
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### SATURDAY, APRIL 6

	Salon IV	Salon V	Salon VII/VIII
8:00 – 9:00	Buffet Breakfast in Salon IV and V		
9:00 – 10:00	Opening Keynote: Everest Expedition: Unearthing Insights into Diabetes Will Cross		
10:00 – 11:00	Refreshment Break and Exhibits Open in Alexandria I and II		
11:00 – 12:00	Optimizing Diabetes: Adjusting AID System Settings Michael Greenberg, MSN, NP, CDCES	Diabetes Management for Grandparents and other Caregivers Siobhan Tellez, DNP, APRN, CPNP-PC	Frazzled Friends for Life: Moms Discussion Group Leigh Fickling, JD, MEd, MS
12:00 – 1:30	Lunch in Salon IV and V		
1:30 – 2:30	Cultivating Positive Relationships with Food Maria Kim, MS, RD, LD	The Americans with Disabilities Act - Your Rights in College + Beyond Leigh Fickling, JD, MEd, MS and Matt Point, MS	Adults with T1D Open Discussion Michael Greenberg, MSN, NP, CDCES and Marissa Town, RN, BSN, CDCES
2:30 – 3:30	Refreshment Break and Exhibits Open in Alexandria I and II		
3:30 – 4:30	Parenting Children with Diabetes Maureen Monaghan, PhD	How to Choose what Diabetes Tech is Right for You Siobhan Tellez, DNP, APRN, CPNP-PC	Safe Space Significant Others Matt Point, MS
8:00 - 10:00	Fiffle Social– Snacks, Desserts, Drinks, Karaoke and More in Salon IV and V		

### SUNDAY, APRIL 7

	Salon IV	Salon V	Salon VII/VIII
8:00 – 9:00	Buffet Breakfast in Salon IV and V		
9:00 – 10:00	Dealing with Diabetes Adhesives Siobhan Tellez, DNP, APRN, CPNP-PC	Diabetes in K-12 Schools Leigh Fickling, JD, MEd, MS	
10:00 – 11:00	Refreshment Break in Alexandria I and II		
11:00 – 12:00	Identifying and Treating Disordered Eating in Diabetes Maria Kim, MS, RD, LD	Stepping up to the Plate: Diabetes Advocacy Amanda Kaufman and Jacob Jansen	Diabetes Dads Down to Earth Ray Benedetto, DM, MS, LFACHE
12:00 – 1:30	Lunch in Salon IV and V		
1:30 – 2:30	Managing Diabetes while Exercising Michael Greenberg, MSN, NP, CDCES	From the Bullpen: Advocacy Training Amanda Kaufman and Jacob Jansen	Navigating the Added Stressors that Diabetes Brings Maureen Monaghan, PhD
2:30 – 3:30	Refreshment Break in Alexandria I and II		
3:30 – 4:30	Closing Keynote - Peak Performance: Bridging Worlds between Skiing and Diabetes Lauren Salko		



## Youth Program

SATURDAY, APRIL 6				
	Kiddie Kove Vienna	Elementary Falls Church	Tween Great Falls	Teen Arlington
8:00 – 9:00	Buffet Breakfast in Salon IV and V			
9:00 – 10:00	Welcome Spring Time Sprouts!	Ice Breakers: Connections and Team Building	Meet the Tweens: Icebreaker Activities and Team Building	Team Building Scavenger Hunt
10:00 – 11:00	Refreshment Break and Exhibits Open in Alexandria I and II			
11:00 – 12:00	Rainy Day Crafts for Little Hands	Fun Food Exploration: Healthy Eating Habits Maria Kim, MS, RD, LD	Tween Assemble Maureen Monaghan, PhD	Sports Central: Let's Get Moving
12:00 – 1:30	Lunch in Salon IV and V			
1:30 – 2:30	Spring Time Sprouts with Sport Central	Get Connected: Special Sessions for Orange and Green Bands Maureen Monaghan, PhD	Games Galore: A Playful Mix of Fun and Learning	TechTalk: Exploring Technology and Innovation in Diabetes Care
2:30 – 3:30	Refreshment Break and Exhibits Open in Alexandria I and II			
3:30 – 4:30	Storytime Adventures for Raindrop Readers	Team Challenge: Scavenger Hunt	Diabetes Jeopardy Challenge: Test Your Knowledge	Diabetes Jeopardy: Put Your Knowledge to the Test
SUNDAY, APRIL 7				
	Kiddie Kove Vienna	Elementary Falls Church	Tween Great Falls	Teen Arlington
8:00 – 9:00	Buffet Breakfast in Salon IV and V			
9:00 – 10:00	Welcome Back Spring Time Sprouts!	Sports Central: Let's Move! Let's Play!	Food is Fun: Exploring Healthy Eating Habits Maria Kim, MS, RD, LD	Thinking Traps: Exploring Matters of the Mind Maureen Monaghan, PhD
10:00 – 11:00	Refreshment Break in Alexandria I and II			
11:00 – 12:00	Little Gardeners at Work	Movie Time: A Chance to Unwind	Tech Time: Exploring Gadgets and Apps for Diabetes Care	Risky Business - Exploring Decision-Making Skills Siobhan Tellez, DNP, APRN, CPNP-PC
12:00 – 1:30	Lunch in Salon IV and V			
1:30 – 2:30	Spring Time Stretch and Move!	Adventures in Play: Games and Team Challenges	Sports Central: Getting Active with T1D	Mindful Eating: Listening to Our Bodies' Cues Maria Kim, MS, RD, LD
2:30 – 3:30	Refreshment Break in Alexandria I and II			
3:30 – 4:30	See Ya Later, Little Sprouts!	Our FFL Scrapbook: Creating Memories and Keepsakes	Movie Magic: Relaxation Weekend Debrief	Closing Keynote: Get Inspired