



Friends for Life™ Orlando 2019

July 16-21, 2019

Disney's Coronado Springs Resort

Orlando, Florida

Day	Event	Notes and To Do
Tuesday, July 16, 2019	Attendee Registration	Visit the South Registration table to pick up your registration packet. You will get a nametag and a color-coded wristband (green for diabetes, orange for those without diabetes, yellow for celiac or gluten free). Make sure to wear your nametag and wristband at all times during the conference.
	Sports Central	Sports Central offers a place to run and engage in physical activity. This activity can become loud and noisy as more FFL join the room.
Wednesday, July 17, 2019	Meals	Breakfast, Snacks, and Lunch are on your own. Many people will eat at El Mercado de Coronado (a food-court style restaurant). El Mercado can become busy and noisy at peak times during the day. Rix Sports bar is a smaller venue and offers a more quiet location for breakfast and lunch. There will be food provided at the Grand Opening Ceremony and Exhibit Hall opening. See below for description.
	First Timer Orientation	If you are a parent or adult, there will be a first time orientation session on Wednesday morning. This session will be crowded. You may want to select a table along the side of the wall for comfort.
	Pre-Conference Workshops	There will be workshops and focus groups during the day on a variety of topics. Some workshops require pre-registration. Many are walk-in. The conference rooms can become chilly (you may want to bring a jacket).
	Grand Opening Ceremony and Exhibit Hall Opening	This event will be full of sensory stimulation. There will be food stations available before the exhibit hall opens. Tables are located outside of the exhibit hall. Attendees will gather in large crowds as the ribbon is cut and the Exhibit Hall doors open. Inside the Exhibit Hall, there will be bright lights, lots of movement and activity. There is a "low station" inside the exhibit hall and a place to take a break, if needed.
Thursday, July 18, 2019	Meals	Breakfast, Lunch, and two breaks are provided as part of your conference registration. These meals are served buffet style. Once you make

		your plate, you will proceed to the ballroom and find a table. There are no seat assignments. Dinner is provided at the Friends for Life 20 th Anniversary Banquet and Ball. See below for description.
	Workshops	The Opening Keynote will be offered after breakfast. Sessions will begin after the morning Coffee Break. Registration is not required for Thursday sessions. Sessions will be held in small to medium sized conference rooms. Some sessions will be discussion based, some will be more lecture based. If you need to seek a quiet area for a break, there is a couch and chairs located below the stairs at the end of the hallway near the Business Center. Note: this area needs to remain quiet due to meetings in session and retinal screening.
	Grand Opening Ceremony and Music and Dancing	The theme for the banquet is the Friends for Life 20 th Anniversary Ball. The ballrooms will be dimly lit upon entrance. Food is served buffet style. There are no assigned seats. Once dinner has been served, there will be a multi-media presentation with a slide deck, presentation of the winners of the DocuDiabetes contest, and several presentations. After dinner, DJ Miles will begin a dance party for all participants. If you need to take a break, please go to the hallways outside of the ballrooms and consider taking a short walk. The hallways will be quiet as most attendees will be inside the ballroom. Many people will dress up for this event. While fancy dress is not required, this is a great way to celebrate 20 years of FFL!
Friday, July 19, 2019	Meals	Breakfast is on your own. Lunch and two breaks (with beverages and light snacks) are provided as part of your conference registration. Lunch is served buffet style. There are no assigned seats for lunch. Dinner is on your own.
	Workshops	Sessions continue in the smaller conference rooms. Pre-registration is not required. The closing keynote will finish the day's sessions and will conclude the formal weekday programming at FFL.
	Exhibit Hall	The exhibit hall will close at 4:00. Please be sure to visit before vendors close for the conference. Thank the vendors for supporting FFL!
	Evening Social Events	Dexcom will sponsor a Family Movie Night complete with snacks. This event can be noisy because it is a favorite of FFL kids. Omnipod also sponsors two social events on Friday night. There will also be a Young Adults dinner for attendees

		ages 18-26. Adults with Type 1 (and their companions) have a special social event, as well. These events can be noisy and a bit crowded. Please plan accordingly.
Saturday, July 20, 2019	Meals	All meals on Saturday are on your own.
	Programming	There are several sessions on Saturday ranging in topics from advocacy to relationships and Type 1 diabetes. Sports Central will also be open. Many people visit the pool on Saturday or spend time at one of the Disney parks.
	Evening Social Events	Saturday night is the time for the Family Fun Night (beach party theme), the Tween Social (safari party theme), and the Teen dance (black light party theme). Snacks are provided at these events. These events are full of action and may provide sensory overload for some attendees. You may find that you need to take a break in the hallway and rejoin the parties a bit later.
Sunday, July 21, 2019	Farewell Breakfast	Breakfast is served buffet style. Disney characters will join the breakfast event for pictures and a meet-and-greet. Lines can be long for the character interaction. Make sure to exchange phone numbers and email addresses with your Friends for Life. This event serves as the official end of the conference.

Special notes:

- Meals can be crowded as participants wait for the buffet lines to open. There are many different lines for meals. You may want to choose a line that is less crowded.
- There are benches along most hallways in the Conference Center. During sessions, these benches can provide a quiet place to take a break.
- If you are in a session and find that you are not interested, it is ok to quietly leave the session and choose another one.
- Some sessions are clearly marked for green bands only (people with diabetes). If you don't have diabetes, you won't be able to attend these sessions.
- Sensory friendly bags are available at the conference registration table. Noise cancelling headphones and a variety of fidgets are inside of each bag. Please return the bag at the end of the day so that another guest can use them when you are finished.
- Conference rooms can be cold and you may want to bring a jacket or a sweatshirt to the daytime events.
- The exhibit hall is full of action and stimulation. You may want to break up your time in the exhibit hall into smaller visits.
- If you need assistance, please locate a FFL Staff member.