



## FFL College Park Adult Program

### FRIDAY, OCTOBER 7

6:00 – 9:00	Registration and Reception/Exhibits Open (All attendees)
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### SATURDAY, OCTOBER 8

	General Vessey 1	General Vessey 2
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8:00 – 9:00	Buffet Breakfast	
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9:00 – 10:00	Opening Keynote: Navigating the U.S. Healthcare System with T1D	
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10:00 – 10:45	Refreshment Break and Exhibits Open	
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10:45 – 12:00	T1D: Beyond the Basics	Dealing with Diabetes in School and College
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12:00 – 1:00	Lunch	
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1:00 – 2:15	Understanding Sensor Data	The Path to Prevention
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2:15 – 3:00	Refreshment Break and Exhibits Open	
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3:00 – 4:15	Incorporating Exercise into Diabetes Management	Parenting your Children with Diabetes
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6:00 – 8:00	Dinner	
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### SUNDAY, OCTOBER 9

	General Vessey 1	General Vessey 2
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8:00 – 9:00	Buffet Breakfast	
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9:00 – 10:15	Getting the Most out of your Automated Insulin Delivery Systems	How Diabetes Affects Mental Health
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10:15 – 11:00	Refreshment Break	
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11:00 – 12:15	Fat and Protein Boluses	Stress Management Techniques for PWD and Their Families
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12:15 – 1:15	Lunch	
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1:15 – 2:30	Traveling the World with Diabetes	MoFFLs + DoFFLs Discussions
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2:30 – 3:15	Refreshment Break	
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3:15 – 4:15	<b>Closing Keynote</b> <i>Conference ends following the Closing Keynote. Enjoy drinks or dinner with your Fiffles.</i>	
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# FFL College Park Youth Program

SATURDAY, OCTOBER 8				
	Kiddie Kove	Elementary	Tween	Teen
8:00 – 9:00	Buffet Breakfast			
9:00 – 10:00	Check In and Morning Meeting: Meet New Friends	Icebreakers	Meet the Tweens	Icebreakers
10:00 – 10:45	Refreshment Break and Exhibits Open			
10:45 – 12:00	Fall Leaf Suncatchers	Orange and Green Team	Tweens Assemble	Harold Time
12:00 – 1:00	Lunch			
1:00 – 2:15	Exercise with Harold	Nutrition: Food Group Fun	Diabetes Jeopardy	Scavenger Hunt
2:15 – 3:00	Refreshment Break and Exhibits Open			
3:00 – 4:15	Movie and Rest	Harold Time	VIP Scavenger Hunt	Snakes & Ladders
6:00 – 8:00	Dinner			

SUNDAY, OCTOBER 9				
	Kiddie Kove	Elementary	Tween	Teen
8:00 – 9:00	Buffet Breakfast			
9:00 – 10:00	Check In and Morning Meeting: Orange Team Visits	Scavenger Hunt	Expressing Yourself with Games	Face of Diabetes
10:00 – 10:45	Refreshment Break and Exhibits Open			
10:45 – 12:00	We're Going on a Leaf Hunt	Movie Time with Friends	Green and Orange Teams	Diabetes Jeopardy
12:00 – 1:00	Lunch			
1:00 – 2:15	Fun Festive Fall Collages	Games with Friends	Get Moving with Harold	Ask the Expert
2:15 – 3:00	Refreshment Break and Exhibits Open			
3:00 – 4:15	Movie and Rest	Life a Puzzle	Movie Time	Tech Update/ Orange Team