



## FFL College Park Adult Program

FRIDAY, OCTOBER 7			
6:00 – 9:00	Registration and Reception/Exhibits Open (All attendees) in Salon A and B		
SATURDAY, OCTOBER 8			
	General Vessey 1	General Vessey 2	Salon C
8:00 – 9:00	Buffet Breakfast in General Vessey 1 and 2		
9:00 – 10:00	Opening Keynote - Did Congress Help or Hurt People with Diabetes with the Inflation Reduction Act? (and What's Next?) George Huntley and Stewart Perry		
10:00 – 10:45	Refreshment Break and Exhibits Open in Salon A and B		
10:45 – 12:00	<b>The Americans with Disabilities Act - Your Rights in College + Beyond</b> Leigh Fickling, MEd, MS, JD + Matt Point, MS	<b>Incorporating Exercise into Diabetes Management</b> Chelsea Lugone, FNP-BC, CDCES	
12:00 – 1:00	Lunch in General Vessey 1 and 2		
1:00 – 2:15	<b>Keeping Children Safe at School</b> Crystal Woodward	<b>T1D: Beyond the Basics</b> George Grunberger, MD, FACP, MACE	
2:15 – 3:00	Refreshment Break and Exhibits Open in Salon A and B		
3:00 – 4:15	<b>Parenting your Children with Diabetes</b> Maureen Monaghan, PhD, CDCES	<b>Health Insurance with T1D – How to Select the Plan that's Right for You</b> George Huntley and Stewart Perry	
6:00 – 8:00	Dinner in General Vessey 1 and 2		
SUNDAY, OCTOBER 9			
	General Vessey 1	General Vessey 2	Salon C
8:00 – 9:00	Buffet Breakfast in General Vessey 1 and 2		
9:00 – 10:15	<b>Getting the Most out of your Automated Insulin Delivery Systems</b> Sarah Corathers, MD	<b>Diabetes and Mental Health</b> Maureen Monaghan, PhD, CDCES	<b>Frazzled Friends for Life: Moms Discussion Group</b> Leigh Fickling, MEd, MS, JD
10:15 – 11:00	Refreshment Break and Exhibits Open in Salon A and B		
11:00 – 12:15	<b>Understanding Sensor Data</b> Chelsea Lugone, FNP-BC, CDCES	<b>Stress Management Techniques for PWD and their Families</b> Maureen Monaghan, PhD, CDCES	<b>Fat and Protein Boluses</b> Marissa Town, RN, BSN, CDCES
12:15 – 1:15	Lunch in General Vessey 1 and 2		
1:15 – 2:30	<b>Traveling the World with Diabetes</b> Oren Liebermann	<b>What you Should Know About Time in Range</b> George Grunberger, MD, FACP, MACE	<b>Dads Down to Earth</b> Jeff Karitis, CFP, CEPA and Ray Bendetto, DM, MS, LFACHE
2:30 – 3:15	Refreshment Break in Salon A and B		
3:15 – 4:15	Closing Keynote: My Journey by Kate Hall <i>Conference ends following the Closing Keynote. Enjoy drinks or dinner with your Fiffles.</i>		



# FFL College Park Youth Program

SATURDAY, OCTOBER 8				
	Kiddie Kove Room: 1101-1102	Elementary Room: 1105	Tween Room: Patuxent	Teen Room: Chasen
8:00 – 9:00	Buffet Breakfast in General Vessey 1 and 2			
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 in Salon A and B			
10:45 – 12:00	Fall Leaf Suncatchers	Orange and Green Team	Tweens Assemble	Harold Time
12:00 – 1:00	Lunch in General Vessey 1 and 2			
1:00 – 2:15	Exercise with Harold	Nutrition: Food Group Fun	Diabetes Jeopardy	Snakes & Ladders
2:15 – 3:00	Refreshment Break and Exhibits Open in Salon A and B			
3:00 – 4:15	Movie and Rest	Harold Time	VIP Scavenger Hunt	Diabetes Jeopardy
6:00 – 8:00	Dinner in General Vessey 1 and 2			

SUNDAY, OCTOBER 9				
	Kiddie Kove Room: 1101-1102	Elementary Room: 1105	Tween Room: Patuxent	Teen Room: Chasen
8:00 – 9:00	Buffet Breakfast in General Vessey 1 and 2			
9:00 – 10:15	Check In and Morning Meeting: Orange Team Visits	Scavenger Hunt	Expressing Yourself with Games	Ask the Expert
10:15 – 11:00	Refreshment Break and Exhibits Open in Salon A and B			
11:00 – 12:15	We're Going on a Leaf Hunt	Games with Friends	Green and Orange Teams	Scavenger Hunt
12:15 – 1:15	Lunch in General Vessey 1 and 2			
1:15 – 2:30	Fun Festive Fall Collages	Movie Time with Friends	Get Moving with Harold	Face of Diabetes
2:30 – 3:15	Refreshment Break in Salon A and B			
3:15 – 4:15	Movie and Rest	Life is a Puzzle	Movie Time	Tech Update/ Orange Team