



# Friends for Life Spring 2021 Program

## Friends for Life Spring 2021 Program Exhibition Hall and Advocacy Keynote — Friday, March 19, 2021

Time	Activities and Virtual Rooms		
	<p><b>Parents Hallway and Information Desk</b> Meet your FFLs in the Parents Hallway. 5:00 pm - 9:00 pm</p>		<p><b>Adults with T1D Hallway</b> Stop by the Adults with T1D Hallway to chat with your FFLs. 5:00 pm - 9:00 pm</p>
5:00 - 8:00	<p><b>Dedicated Virtual Exhibit Hall Hours</b> Visit Sponsor Booths</p>		
8:00 - 9:00	<p><b>Navigating the Healthcare System</b> Sean Oser, MD, MPH Webinar 1</p>		



# Friends for Life Spring 2021 Program

## Friends for Life Spring 2021 Program Physical and Mental Health — Saturday, March 20, 2021

Time	Activities and Virtual Rooms			
	<b>Parents Hallway and Information Desk</b> Meet your FFLs in the Parents Hallway. 12:30 - 9:00 pm	<b>Adults with T1D Hallway</b> Stop by the Adults Hallway to chat with your FFLs. 12:30 - 9:00 pm	<b>Young Adults Hallway</b> A room just for Young Adults 18-25. Stop by and say hello. 9:00 pm - 11:00 pm	
8:00 - 10:00	Dedicated Virtual Exhibit Hall Hours			
10:00 - 11:00	<b>Level Up Your Fitness</b> Dessi Zaharieva, PhD Webinar 1		<b>Launch Your Fitness Plan</b> Kenny Rodenheiser, BSN, RN, CDCES Webinar 2	
10:45 - 11:30	<b>Kiddie Kove Program</b> Icebreakers Kiddie Kove Room	<b>Elementary Program</b> Icebreakers Elementary Room	<b>Tween Program</b> Icebreakers Tween Room	<b>Teen Program</b> Ice Breakers Teen Room
11:30 - 12:30	<b>Making Space for Your Emotions</b> Jessie Wong, PhD Webinar 1		<b>Support for Significant Others</b> Tamara Oser, MD, Matt Point, MS, & Grace Grande-Cassell Webinar 2	
12:30 - 2:00	Dedicated Virtual Exhibit Hall Hours			
2:00 - 3:00	<b>Ask Me Anything: Awkward Diabetes Edition</b> Sean Oser, MD, MPH Meeting 1		<b>Make Food Make Sense</b> Kim Rose, RDN, CDCES Webinar 2	
2:45 - 3:30	<b>Kiddie Kove Program</b> Fun Exercise with Harold Youth Room	<b>Elementary Program</b> Fun Exercise with Harold Youth Room	<b>Tween Program</b> Fun Exercise with Harold Youth Room	<b>Teen Program</b> Tech Update with Rayham Youth Room
3:30 - 4:30	<b>Highs and Lows of Parenting Kids with Diabetes</b> Lauren Lanning & Leila Blue Meeting 1		<b>Stole My Kid's Juice Box: Parenting as PWD</b> Rayhan Lal, MD, MPH, PhD, Kenny Rodenheiser, BSN, RN, CDCES, Noor Al Ramahi, & Kerri Sparling Meeting 2	
4:15 - 5:30			<b>Tween Hallway</b> Tween Room	<b>Teen Hallway</b> Teen Room



# Friends for Life Spring 2021 Program

## Friends for Life Spring 2021 Program Advocacy — Sunday, March 21, 2021

Time	Activities and Virtual Rooms			
	<b>Parents Hallway and Information Desk</b> Meet your FFLs in the Parents Hallway. 12:30 - 9:00 pm		<b>Adults with T1D Hallway</b> Stop by the Adults 18-25 with T1D Hallway to chat with your FFLs. 12:30 - 9:00 pm	
10:00 - 11:00	<b>Digital Healthcare in COVID ... and Beyond</b> Julie Gettings, PhD, & George Huntley Webinar 1		<b>Your Rights in the Workplace</b> John Griffin Webinar 2	
10:45 - 11:30	<b>Kiddie Kove Program</b> Fun with Ranger Parker Grand Youth Room	<b>Elementary Program</b> Fun with Ranger Parker Grand Youth Room	<b>Tween Program</b> Open Hallway Tween Room	<b>Teen Program</b> Open Hallway Teen Room
11:30 - 12:30	<b>Advocacy in College</b> Leigh Fickling, MEd, MS, JD, & Matt Point, MS Webinar 1		<b>Advocacy in the K-12 System</b> Melissa Hawkins Webinar 2	
12:30 - 2:00	Dedicated Virtual Exhibit Hall Hours			
2:00 - 3:00	<b>Getting Your Voice Heard as a BIPOC with Diabetes</b> Ananta Addala MD, MPH, Kyle Banks, Katarina Yabut, Taylor Johnson, & Phylissa Deroze Meeting 1		<b>Advocating as a Person Without Diabetes</b> Tamara Oser, MD, & Matt Point, MS Webinar 2	
2:45 - 3:30	<b>Kiddie Kove Program</b> Fun Exercise with Harold Youth Room	<b>Elementary Program</b> Fun Exercise with Harold Youth Room	<b>Tween Program</b> Fun Exercise with Harold Youth Room	<b>Teen Program</b> Tech Update with Rayham Teen Room
3:30 - 4:30	<b>Telling Your Story</b> Cherise Shockley Meeting 1		<b>The Price of Diabetes</b> Irl Hirsch, MD, Stewart Perry, & Jeff Hitchcock Webinar 2	
5:00 - 6:00	<b>Connecting with Your Diabetes Community: I Get By With a Little Help From My Fiffles</b> Scott Johnson & Leila Blue Webinar 1			