



# Friends for Life Winter 2020 Program

## Friends for Life Winter 2020 Program Focus Group and Product Theater Friday—December 4, 2020

Time	Activities and Virtual Rooms			
9:00 - 10:00				
10:30 - 11:30				
2:00 - 3:00	<p><b>Medtronic Presentation MiniMed™ 770G System</b> Medtronic Webinar</p>			
4:30 - 5:30	<p><b>Wait Wait... Don't Poke Me! The Diabetes Game Show</b> Hoted by Stacey Simms Webinar 1</p>			
	<p><b>Parents Hallway and Information Desk</b> Catch up with 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>	<p><b>Young Adults Hallway</b> A room just for Young Adults 18-25. Stop by and say hello. 9:00 - 11:00 pm</p>	
6:00 - 8:00	<p><b>Dedicated Virtual Exhibit Hall Hours</b> Visit Sponsor Booths</p>			



# Friends for Life Winter 2020 Program

## Friends for Life Winter 2020 Program Psychosocial Saturday—December 5, 2020

Time	Activities and Virtual Rooms			
	<b>Parents Hallway and Information Desk</b> Catch up with your FFLs in the Parents Hallway. 9:00 am - 10:00 pm	<b>Adults with T1D Hallway</b> Stop by the Adults Hallway to chat with your FFLs. 9:00 am - 10:00 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 - 9:00	Virtual Exhibition Hall: Visit Sponsors' Virtual Booths			
9:00 - 10:00	<b>Kiddie Kove Program</b> Morning Exercise with Harold Kiddie Kove Room	<b>Elementary Program</b> Icebreakers Elementary Room	<b>Tween Program</b> Icebreakers Tween Room	<b>Teen Program</b> Tech Update Teen Room
10:00 - 10:30			<b>Tween Hallway</b>	<b>Teen Hallway</b>
10:00 - 11:00	<b>Helping Parents with Transitions</b> Maureen Monaghan, PhD, CDE Webinar 1	<b>Finding Support in Social Media</b> Kerri Sparling, Cherise Shockley, & Scott Johnson Webinar 2	<b>Burnout for Adults with T1D</b> Sean Oser, MD, MPH Meeting 3	
11:00 - 1:00	Dedicated Virtual Exhibit Hall Hours Last chance to visit our sponsors			
1:00 - 2:00	<b>Safe Zone for Significant Others</b> Tamara Oser, MD, Grace Grande-Cassell, & Khary Septh Meeting 1	<b>Is This an Eating Disorder? Body Image &amp; Disordered Eating with T1D</b> Diana Naranjo, PhD, Asha Brown, Daniele Hargenrader, & Noor Alramahi Webinar 2	<b>Positive Caregiving</b> Maureen Monaghan, PhD, CDE Webinar 3	
2:00 - 3:00	<b>Kiddie Kove Program</b> Nature Exploration with Ranger Parker Kiddie Kove Room	<b>Elementary Program</b> Green Team & Orange Team Elementary Room	<b>Tween Program</b> Cardio + Yoga with Friends Tween Room	<b>Teen Program</b> 2020: How to Manage! Teen Room
3:00 - 3:30			<b>Tween Hallway</b>	<b>Teen Hallway</b>
3:30 - 4:30	<b>Moms' Discussion Group</b> Leigh Fickling, MEd, MS, JD, Lauren Lanning, & Leila Blue Meeting 1	<b>Dads' Discussion Group</b> Justin Masterson & Tom Karlya Meeting 2	<b>Couples Discussion Group</b> Jimmy & Liz Dodson, Sam Billetdeaux & Grace Grande-Cassell, Kyle Banks & Khary Septh, and Brian Grant & Matt Point Meeting 3	
8:00 - 9:00	Young Adults Meetup Hosted by College Diabetes Network Meeting 1			
8:30 - 9:00				<b>Teen Hallway</b>



# Friends for Life Winter 2020 Program

## Friends for Life Winter 2020 Program Advocacy and Science Sunday—December 6, 2020

Time	Activities and Virtual Rooms	
10:00 - 4:00	<b>Parents Hallway and Information Desk</b> Catch up with your FFLs in the Parents Hallway.	<b>Adults with T1D Hallway</b> Stop by the Adults 18-25 with T1D Hallway to chat with your FFLs.

9:00 - 10:00  
**Diabetes Advocacy in the Post-Election US**  
 Stewart Perry and George Huntley  
 Webinar 1

10:00 - 11:00	<b>Kiddie Kove Program</b> Fun with Sports Central Kiddie Kove Room	<b>Elementary Program</b> Living Healthy with Harold Elementary Room	<b>Tween Program</b> Green Team + Orange Team Tween Room	<b>Teen Program</b> Panel with Teen Staff and Leaders Teen Room
11:00 - 11:30			<b>Tween Hallway</b>	<b>Teen Hallway</b>

11:00 - 12:00  
**Carbohydrate Controversies: How Low Should You Go?**  
 Constance Brown-Riggs, MEd, RD, CDE, CDN  
 Webinar 1

**The Science of Exercise**  
 Mike Riddell, PhD  
 Webinar 2

12:00 - 1:00  
**Lunch Break**

1:00 - 2:00	<b>Kiddie Kove Program</b> Nature Exploration with Ranger Parker Kiddie Kove Room	<b>Elementary Program</b> Every Snowflake is Unique Elementary Room	<b>Tween Program</b> Kahoot + Conversations Tween Room	<b>Teen Program</b> Harold Time Teen Room
2:00 - 2:30			<b>Tween Hallway</b>	<b>Teen Hallway</b>

2:30 - 3:30  
**Diabetes and Cultural Sensitivity**  
 Kajal Gandhi, DO, MPH  
 Meeting 1

**Hybrid Closed Loop Systems: The Next Evolution of Diabetes Management**  
 Gary Scheiner, MS, CDE  
 Webinar 2