



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>Fiffle Hallway and Information Desk Meet your FFLs in the Parents Hallway. 5:00 pm - 9:00 pm</p>	<p>Adults with T1D Hallway Stop by the Adults with T1D Hallway to chat with your FFLs. 5:00 pm - 9:00 pm</p>
5:00 - 8:00	<p>Dedicated Virtual Exhibit Hall Hours Visit Sponsor Booths</p>	
7:00 - 8:00	<p>First Timer Meetup Meeting 2</p>	
8:00 - 9:00	<p>Navigating the Healthcare System 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			
	Fiffle Hallway and Information Desk Meet your FFLs in the Parents Hallway 12:30 - 9:00 pm	Adult T1D + Partners Hangout Stop by the Adults with Diabetes + Partners Hallway to chat with your FFLs 12:30 - 9:00 pm	Young Adults Hallway A room just for Young Adults 18-25. Stop by and say hello 9:00 pm - 11:00 pm	
10:00 - 11:00	Level Up Your Fitness Mike Riddell, PhD and Dessi Zaharieva, PhD Webinar 1		Launch Your Fitness Plan Kenny Rodenheiser, BSN, RN, CDCES Webinar 2	
10:45 - 11:30	Kiddie Kove Program Icebreakers Kiddie Kove Room	Elementary Program Icebreakers Elementary Room	Tween Program Icebreakers Tween Room	Teen Program Ice Breakers Teen Room
11:30 - 12:30	Making Space for Your Emotions Jessie Wong, PhD Webinar 1		Support for Significant Others Tamara Oser, MD, Matt Point, MS, and Grace Grande-Cassell Meeting 2	
12:30 - 2:00	Dedicated Virtual Exhibit Hall Hours			
2:00 - 3:00	Ask Me Anything: Awkward Diabetes Edition Sean Oser, MD, MPH Meeting 1		Make Food Make Sense Kim Rose, RDN, CDCES Webinar 2	
2:45 - 3:15	Kiddie Kove Program Fun Exercise with Harold Youth Room	Elementary Program Fun Exercise with Harold Youth Room	Tween Program Fun Exercise with Harold Youth Room	Teen Program Fun Exercise with Harold Youth Room
3:30 - 4:30	Highs and Lows of Parenting Kids with Diabetes Leigh Fickling, MEd, MS, JD, Lauren Lanning, Leila Blue, and Greg Dooley Meeting 1		Stole My Kid's Juice Box: Parenting as PWD Rayhan Lal, MD, MPH, PhD, Kenny Rodenheiser, BSN, RN, CDCES, Noor Al Ramahi, and Kerri Sparling Meeting 2	
4:15 - 5:00			Tween Hallway Tween Room	Teen Hallway Teen Room
5:00 - 5:30	Workout With Fitness Coach Matt Vande Vegte Matt Vande Vegte Sponsored by Tandem Diabetes Meeting 2			
Evening	Moms of T1D Kids Conversation Breakout in the Fiffle Hallway 6:30 - 7:30	DIY/Looping Conversation Breakout in the Fiffle Hallway 7:30 - 8:30	Dads of T1D Kids Conversation Breakout in the Fiffle Hallway 8:00 - 9:00	First Timer Meetup Meeting 2 7:00 - 8:00



Friends for Life Spring 2021 Program

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

Time	Activities and Virtual Rooms			
	Fiffle Hallway and Information Desk Meet your FFLs in the Parents Hallway. 12:30 - 9:00 pm		Adult T1D + Partners Hangout Stop by the Adults with Diabetes + Partners Hallway to chat with your FFLs 12:30 - 9:00 pm	
10:00 - 11:00	Digital Healthcare in COVID ... and Beyond Alanna Landry RN, CDCES and George Huntley Webinar 1		Your Rights in the Workplace John Griffin, Esq. Webinar 2	
10:45 - 11:30	Kiddie Kove Program Fun with Ranger Parker Grand Youth Room	Elementary Program Fun with Ranger Parker Grand Youth Room	Tween Program Open Hallway Tween Room	Teen Program Tech Update with Rayhan Teen Room
11:30 - 12:30	Advocacy in College Leigh Fickling, MEd, MS, JD and Matt Point, MS Webinar 1		Advocacy in the K-12 System Melissa Schwaber Webinar 2	
12:30 - 2:00	Dedicated Virtual Exhibit Hall Hours			
2:00 - 3:00	Getting Your Voice Heard as a BIPOC with Diabetes Ananta Addala DO, Kyle Banks, Katarina Yabut, Taylor Johnson, and Phylissa DeRoze Webinar 1		Advocating as a Person Without Diabetes Tamara Oser, MD and Matt Point, MS Meeting 2	
2:45 - 3:15	Kiddie Kove Program Fun Exercise with Harold Youth Room	Elementary Program Fun Exercise with Harold Youth Room	Tween Program Fun Exercise with Harold Youth Room	Teen Program Fun Exercise with Harold Youth Room
3:30 - 4:30	Telling Your Story Cherise Shockley Meeting 1		The Price of Diabetes Irl Hirsch, MD, Stewart Perry, and Jeff Hitchcock Webinar 2	
5:00 - 6:00	Connecting with Your Diabetes Community: I Get By With a Little Help From My Fiffles Scott Johnson and Leila Blue Meeting 1			
Evening	Insurance/Device insurance Conversation Breakout in the Fiffle Hallway 6:30 - 7:30			