

# T1D TAKES CENTER STAGE

**CONNECT1D<sup>®</sup>** ADULT RETREAT  
by Type 1 United

**Saturday April 20, 2024**

9:00 - 10:00 AM

Registration & Vendor Fair

10:00 - 11:00 AM Welcome

11:00 - 12:00 PM Keynote Address

Redefining Success: My Setbacks & Breakthroughs in Navigating T1D & The Entertainment Industry with Qiana Drew, PWD\*, Actress and Singer

12:00 - 1:00 PM Retreat Sponsored Lunch & Vendor Fair

1:15 -2:45 PM Session 1

1A: What is your Self-Talk? Compassionate Voice Workshop with Dr. Jody Stanislaw

1B: T3\*\* Community Connection with Tina Ghosn, Type 1 United Program Coordinator

2:50 - 3:10 PM Movement Break!

3:15 - 4:45 PM Session 2

2A: Navigating Diabetes Distress with Cara Oppegard, MSW, LSWAIC

2B: Health Insurance Panel with Sarah Canvanese MPH, MCHES, Joe Greitz PharmD, Angie Barnhill PharmD, R.Ph

## **Evening Activities**

4:00 - 6:00 PM Retreat Sponsored Happy Hour

6:00 - 7:00 PM Retreat Sponsored Dinner

6:00 PM Board Games

6:00 PM Bonfire

7:00 - 8:00 PM Diabetes After Dark with Jake Johnston, PWD

9:00 PM Meet in Clearwater Casino Resort Lobby to walk to the Casino!

\*PWD stands for Person with Diabetes

\*\*T3 is our community term for a T1D support person example: partner, friend, parent, sibling etc.

**REGISTER  
TODAY!**

**April 20–21, 2024  
Clearwater Casino Resort  
Suquamish, WA**

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**Sunday April 21, 2024**

7:30 - 8:15 AM

All Levels Yoga with Madi

7:00 - 9:00 AM Retreat Sponsored Breakfast

9:00 - 10:30 AM Session 3

3A: Planning for the Parent Trap: Diabetes Family Planning with Alyson Blum PharmD

3B: We're All in this Together! Living well for you and your T1D with Nicole Ehrhardt, MD

10:30 - 11:00 AM Break & Hotel Check Out

11:00 - 12:30 PM Session 4

4A: Complications Q&A with Nicole Ehrhardt, MD, Alyson Blum PharmD and T1D's living with complications

4B: The Way You Move: Movement Panel with Dr. Jody Stanislaw, Joel Lenox PWD, and Scott Josefowski PWD

12:30 - 1:30 PM Retreat Sponsored Lunch

1:30 - 2:30 PM Closing Ceremony

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