### TID TAKES GENTER STAGE CONNECTID® A PULT RETREAT

### Saturday April 20, 2024

9:00 - 10:00 AM Registration & Vendor Fair in Chico Room

- 10:00 11:00 AM Welcome in Billy Frank
- 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 in Billy Frank
- 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 in

### Billy Frank 1B: T3\*\* Community Connection with Tina Ghosn, Type 1 United Program Coordinator in Chico Room

2:50 - 3:10 PM Snack Break!



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#### Saturday April 20, 2024

3:15 - 4:45 PM Session 2

2A: Health Insurance Panel with Sarah Canvanese MPH, MCHES, Joe Greitz PharmD, Angie Barnhill PharmD, R.Ph in Billy Frank

2B: Navigating Diabetes Distress with Cara Oppegard, MSW, LSWAIC in Chico Room

#### **Evening Activities**

5:00 - 6:00 PM Retreat Sponsored Happy Hour
6:00 - 7:00 PM Retreat Sponsored Dinner
6:00 PM Board Games & 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!

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# TID TAKES **CENTER STAGE** CONNECTID<sup>®</sup> A PULT RETREAT

### **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 in **Billy Frank**
  - 3B: We're All in this Together! Living well for you and your T1D with Nicole Ehrhardt, MD in Chico Room
- 10:30 11:00 AM Break & Hotel Check Out

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#### Sunday April 21, 2024

11:00 - 12:30 PM Session 4

4A: Complications Q&A Cassady Kintner PWD, LMFT, MDFT joined by Nicole Ehrhardt, MD, Alyson Blum, PharmD, and T1Ds living with complications in Billy Frank

4B: The Way You Move: Movement Panel with Dr. Jody Stanislaw, Joel Lenox PWD, and Scott Josefowski PWD in Chico Room 12:30 - 1:30 PM Retreat Sponsored Lunch 1:30 - 2:30 PM Closing Ceremony

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

