

	Weekend for Women Track	General Education Track	Diabetes UnConference	Partner's Perspective Program/People Who Love Us
Friday, October 13				
9:00-3:00pm	DiabetesSisters Leadership Institute For DiabetesSisters PODS Leaders, by invitation only			
3:00-5:00pm	DPAC Bootcamp (optional)			
6:00-8:00pm	Meet and Greet Reception , Sponsored by		 <small>CONTINUOUS GLUCOSE MONITORING</small>	
Saturday, October 14				
7:00-8:00am	Optional Exercise – will include strength training with Christel Oerum, yoga with Rachel Zinman, and attendee led outdoor walks/runs			
8:30-9:00am	Opening			
9:00-10:00am	Living as a Healthwise Woman - Angela Ford, PhD Learn how to take control of your health and wellness and better manage living with diabetes. This session will empower you to become more aware of the importance of emotional wellness and the role social support can play in helping the adoption and maintenance of healthier behaviors, as well as motivate you to increase self-awareness and help reduce diabetes disparities in the community.	Mindful Eating: Am I Really Hungry? - Susan Weiner, MS, RDN, CDE, CDN Susan shares her approach to mindful eating for weight management, better health and improved self-care. Her tips and tools will help you enjoy healthier food, and feel satisfied with your choices. In this session, you will learn the power of portion control and tactics for managing indulgences, including the high carb junk foods that call your name. More and more studies show when people are taught mindful-eating strategies they learn to tap into what's behind their food choices, and how to make smarter choices. The potential payoff: improved blood sugar, blood pressure, cholesterol, and weight.	UnConference Topic	Diabetes 101/Dealing with Emergencies – Gary Scheiner, MS, CDE This session address the basics of diabetes and the handling of critical high- and low-blood sugar emergencies, including prevention of DKA, sick day concerns, and hands-on glucagon practice.
10:00-11:00am	Coping with Anxiety and Depression - Nicole Bereolos, PhD, MPH, CDE Living with diabetes has a lot of ups and downs. A variety of emotions are sparked in people with diabetes and their loved-ones. Dealing with these unexpected feelings can lead to frustration, sadness, and lack of motivation for self-care, just to name a few. This session will help you identify and learn to deal with these mixed emotions that occur from daily struggles associated with managing diabetes. We will discuss techniques and resources available to you.	The Physiology of Exercise & Diabetes - Christel Oerum Balancing your blood sugars during exercise can feel impossible and frustrating, but developing a basic understanding of what your body is doing during exercise can make all the difference. In this session, learn why certain types of exercise can make your blood sugar rise while other types makes it drop, and how to prepare for either so you can enjoy your workout!	UnConference Topic	Communication for Couples and Caregivers - Lisa Honeycutt This session is designed for caregivers (partners, spouses, etc.) and those with diabetes to come together as a couple. We will explore the common pitfalls and traps around communicating effectively and how best to support your partner with diabetes. We will discuss communication styles or problems surrounding diabetes or its management. Participants will have the opportunity to share difficulties that arise in their partnerships, and will learn skills to navigate these situations effectively. The session will conclude with role plays that allow participants to practice difficult conversations
11:00-12:00pm	Balancing An Active Life and Diabetes - Kerri Sparling Join Kerri for a candid conversation on balancing many roles in life: wife, mother, career woman, and advocate, all while juggling diabetes. We encourage you to bring your sense of humor and stories. Kerri's attendance at the Weekend for Women is sponsored by Tandem.	Using Food as Medicine - Kelly Schmidt, RD, LDN The food we choose to eat has an immediate impact on our blood sugar, and each day we are given the chance to assess, learn, and improve. In 25 years, I have learned and continue to learn through my blood sugar data and current research, low carb proves to be successful. But are all carbs equal? How low should we go? What unconventional wisdom is the biggest payoff to know for long-term health? With every bite of food, we are giving ourselves the chance to not only survive but thrive. Our grocery list shall be a prescription pad, and our kitchen is a pharmacy. I invite you	UnConference Topic	The Emotional Side of Diabetes and How to Offer Support - Rhonda Merwin, PhD This session offers participants a forum to discuss thoughts and feelings relevant to diabetes and how best to support partners in their management. We will discuss some of the common worries, concerns, frustrations and difficulties that arise for partners, as well as scenarios and targets for effective communication. Participants will have the opportunity to share their experiences in an open group with others who understand the issues that arise when communicating with a partner about diabetes or its management. We will also discuss some of the more

		to come and participate in learning how to use food as medicine.		powerful thoughts and feelings partners experience most often; and we will explore effective ways to communicate at these times.
12:00-1:20pm	Lunch , Visit Sponsor Area			
1:20-1:30pm	Group Photo			
1:30-2:30pm	Learning About Patient Advocacy, Sponsored by 			
2:30-3:30pm	Sex, Insulin, and Rock n Roll, Sponsored by 			
3:30-4:30pm	<p>Eating Disorders in Type 1 & 2 Diabetes - Asha Brown, Robin Fein Wright, LCSW and Rhonda Merwin, PhD</p> <p>Join us as we explore one of the most private issues about diabetes and women. This session encourages your participation, so please bring questions.</p>	<p>Making Use of Glycemic Index - Gary Scheiner, MS, CDE</p> <p>Although carbohydrates are known to have a significant impact on blood glucose, not all carbohydrates are created equally. This session explores the quality of different types of carbohydrates, with an emphasis on the speed with which different foods affect blood glucose. Applications for using glycemic index include sports performance, treating hypoglycemia, minimizing post-meal glucose spikes, and weight control.</p>	UnConference Topic	UnConference Topic
4:30-5:00pm	Day Recap			
5:00-7:00pm	Reception, Sponsored by 			
Sunday, October 15				
7:00-8:30am	Optional Exercise – will include strength training, yoga, outdoor walks/runs			
9:00-10:00am	<p>Type 1 Diabetes & Pregnancy - Anna Floreen</p> <p>Having Type 1 diabetes poses certain risks and challenges to a successful pregnancy. But it is very much “doable”. This session focuses on strategies for improving pregnancy outcomes, from pre-pregnancy planning to postpartum adjustments. Special attention will be given to glucose management through all phases of pregnancy.</p>	<p>Diabetes & Technology - Melissa Lee</p> <p>Looking for a meter that automatically zaps your blood sugars over to your smartphone? On the hunt for the right insulin pump that fits your specific needs? Wondering how to fit all of these new diabetes technology bits and pieces into your actual life? Join Melissa Lee, diabetes technology writer and self-proclaimed diabetes robot for a frank, intimate discussion about how far we’ve come and what’s on the horizon for up-and-coming technologies for managing diabetes. Bring your questions – this session is for diabetes newbies and veterans alike!</p>	UnConference Topic	UnConference Topic
10:00-11:00am	<p>Be the CEO of Your Healthcare – Nicole Bereolos, PhD, MPH, CDE</p> <p>Living with chronic conditions can be challenging for those who manage them. Often, needs are not met during these encounters. The burden then falls on the individual to make sure that their HCP is listening, engaging, and responding to our needs. This didactic conversation will discuss methods that have worked when trying to advocate for your own care within healthcare institutions, paying special attention to women-specific issues.</p>	<p>Diabetes & Heart Health - Sarah Alexander, MD</p> <p>Curious to learn more about heart disease and how diabetes plays a role? Hear from a medical professional about what you need to know about managing your risks, prevention and treatment.</p>	UnConference Topic	UnConference Topic

11:00-12:00pm	<p style="text-align: center;">Keynote Address – Life is Sweet, Shawn Shephard</p> <p>Speaker and facilitator Shawn Shephard shares his life mantra of living life to the fullest. Join him as he closes our weekend of support and education with inspirational anecdotes and stories of living well and happy with diabetes, along with ways to take your diagnosis to help you attain the life of your dreams.</p>
12:00-12:30pm	<p style="text-align: center;">Closing</p>