8:00 AM – 9:00 AM – Event Registration & Breakfast

9:00 AM – Welcome and Keynote Speaker
Amber Cloud, Mark Carter & Cynthia Rogers of Diabetes Daily Grind

9:45 AM – 10:00 AM – Break

10:00 AM – 11:00 AM – Breakout Session #1

Advancements in Beta Cell Replacement
Dr. Millman
Local JDRF-funded researcher discusses his work on generating functional insulin-producing cells and tissues in bioreactors. He hopes that one day these lab-grown cells could be transplanted into type 1 diabetic patients to control blood sugar without the need for insulin injections.

Ask an Endo
Dr. Sprague
Experienced Pediatric Endocrinologist answers the most frequently asked questions on T1D including comorbidity, nutrition, blood sugar fluctuation, stem cell research. Attendees are encouraged to ask their own questions throughout.

School Issues & 504 Plans
Dr. Starnes & Panel
Principal, counselor, school nurse and T1D families from the Rockwood School District discuss common issues facing students with T1D, including federal laws, 504 plans, and school readiness checklist.

T1D Health Insurance Guide
Elizabeth Foss
Review JDRF resources on how to choose an insurance plan, understanding common issues around insulin, insulin pumps, CGMs and test strips, and how to apply for an exception.

Young, Dumb & Broke: T1D in your 20s & 30s
Panel
Young volunteer leaders living with T1D, discuss common issues they face as 20-30-year-olds: choosing an adult endo, discussing your disease with your workplace, pregnancy and more. Attendees are encouraged to ask questions.

11:00 AM – 11:15 AM – Break

11:15 AM – 12:15 PM – Breakout Session #2

Ask an Endo
Dr. Sprague
Experienced Pediatric Endocrinologist answers the most frequently asked questions on T1D including comorbidity, nutrition, blood sugar fluctuation, stem cell research. Attendees are encouraged to ask their own questions throughout.

Diabetes Dents & Dings: Loving your T1D body
Keynote Speakers
Participate in an open dialogue about body issues, especially those relating to T1D, including diabulimia, getting shots in public, visible technology and more.

School Issues & 504 Plans
Dr. Starnes & Panel
Principal, counselor, school nurse and T1D families from the Rockwood School District discuss common issues facing students with T1D, including federal laws, 504 plans, and school readiness checklist.

Successfully Riding the Ups & Downs of T1D
Dr. Harris
Professor of Pediatrics and Director of Behavioral Health addresses the psychosocial effects of living with T1D. This presentation will provide some answers to why diabetes management is so challenging and how best to meet those challenges.

T1D Health Insurance Guide ................................................................. Elizabeth Foss
Review JDRF resources on how to choose an insurance plan, understanding common issues around insulin, insulin pumps, CGMs and test strips, and how to apply for an exception.

Young, Dumb & Broke: T1D in your 20s & 30s ................................................ Panel
Young volunteer leaders living with T1D, discuss common issues they face as 20-30-year-olds: choosing an adult endo, discussing your disease with your workplace, pregnancy and more. Attendees are encouraged to ask questions.

12:15 PM - 1:30 PM – Lunch & Vendor Fair ..................................................

1:30 PM – 2:30 PM – Breakout Session #3 ..................................................

JDRF Advocacy 101 ................................................................. Elizabeth Kurowski
What does it mean to be a JDRF advocate? Get the answer in this session which will provide an overview of JDRF’s advocacy priorities, the latest accomplishments and how to get involved in advocating for patients’ rights and research funding.

Diabetes Camp ................................................................. Panel
Two local camp directors, campers and a parent discuss their experience with diabetes camp and the value it provides to kids with T1D (campers are 7-17 years old). Questions are encouraged.

Diabetes Dents & Dings: Loving your T1D body ........................................... Keynote Speakers
Participate in an open dialogue about body issues, especially those relating to T1D, including diabulimia, getting shots in public, visible technology and more.

Networking: Parents with T1D Teens .......................................................... Alecia Wesner
Meet with other parents of T1D Teens in your area. This informal, interactive session is a great opportunity to connect, commiserate and cheer on your peers. Session facilitated by our dynamic research update speaker.

Nutrition Trends in T1D ............................................................... Lauren Plunkett RDN, LD, CDE
This educational session will cover where we are in nutrition trends today, including the latest and greatest in nutrition research to support the best outcomes in health and blood sugar control. Additionally, we’ll discuss how to eat strategically to sustain energy levels and develop long-term healthy habits fad-diet free. This presentation is gluten-free friendly and suitable for all ages and stages of diabetes.

Technology, Pumps & CGMs Introductory Course .................................. Dr. Stephen Stone
This session is great for those new to the pumps and CGMs. Dr. Stephen Stone will provide basic, introductory information on what technology can do for your disease management. If you have questions about the pros and cons of these tools, this might be the course for you!

2:30 PM – 2:45 PM – Break

2:45 PM – 3:45 PM – Breakout Session #4 ..................................................

Exercise and T1D: Put the wheels in motion ............................................. Lauren Plunkett RDN, LD, CDE
Exercise is healthy and necessary, but how do we prepare for, and manage blood sugar levels before, during, and after, for optimal control? Join this session to find out why duration and intensity of exercise matter, and how you can design your own protocol to not only prevent lows
and highs during exercise but also overnight, while fueling performance at the same time. This presentation is suitable for all ages and fitness levels, beginners to competitive athletes.

**Successfully Riding the Ups & Downs of T1D**  
**Dr. Michael Harris**  
Professor of Pediatrics and Director of Behavioral Health addresses the psychosocial effects of living with T1D. This presentation will provide some answers to why diabetes management is so challenging and how best to meet those challenges.

**Networking: Parents with T1D Grade Schoolers**  
**Alecia Wesner**  
Meet with other parents of grade school age kids with T1D in your area. This informal, interactive session is a great opportunity to connect, commiserate and cheer on your peers. Session facilitated by our dynamic research update speaker.

**Off to College with T1D**  
Students from Wash U’s College Diabetes Network lead an open forum Q & A on common concerns and helpful resources during the off-to-college transition. Topics includes managing diabetes on your own, scholarship opportunities, disability services on campus, and resources for making safe, educated decisions. Mature content discussed.

**Diet & Nutrition - Benefits of Low Carb**  
**Danielle Chi MSN, RN, ANP-BC, CDE**  
Returning by popular demand, Danielle shares on the benefits of a low carb diet for adults. (This diet is not recommended for children.) She provides resources and recipes on all things low carb.

**Technology, Pumps & CGMs Advanced Course**  
**Dr. Stephen Stone**  
If you’re experienced with the basics of technology and T1D, this course might be for you! Dr. Stephen Stone will show you how to make better sense of the data you receive and how to use it more effectively.

3:45 PM – 4:15 PM – Snack Break

4:15 PM – Research Update  
**Alecia Wesner, JDRF Speaker’s Bureau Member**

4:45 PM – Conclusion