**TypeOneNation 2018 recommended learning tracks:**

**Newly Diagnosed (Diagnosed less than 2 years):**

If you are a newly diagnosed family with type 1 diabetes (T1D) the most important thing to remember is that you’re not alone. The TypeOneNation Newly Diagnosed learning track will offer some support for managing those first months and years with the disease. Dr. Brigitte Frohnert and a volunteer panel of families will teach you all about “The New Normal” and what to expect in the first two years whether your child is in preschool or high school. What sort of expectations should you have for yourself, your T1D and your care team and will it ever feel “normal”? Andrea Houk will go Beyond Carb Counting with an in-depth look at carbohydrates, fats, and proteins. Learn how to choose (and blous for) the best meals and snacks for all occasions. End the day with Taking Diabetes to School – learn from experts about the importance of a 504 plan and how to work with your school to create one. Discuss with a school nurse and lawyer about what expectations should be met when sending your child to school with type 1 diabetes.

**Experienced Family (Diagnosed more than 2 years):**

One of the most frustrating aspects of T1D is this: as soon as you think you’re doing well and getting near “normal” to consistent blood sugar ranges with your routine – everything changes. The Experienced Family Learning Track will tackle some of the science and emotions behind explaining and managing the rollercoaster that is type 1 diabetes management. Counter regulatory hormones such as growth hormones can wreak havoc on blood sugars and a good night’s sleep. Learn about how to manage these growth spurts and puberty without losing your sanity in our Growing up T1D class for parents. Next, learn from Stress Management guru, Lisa Wimberger, techniques to be better equipped to manage the ups and downs of type 1 for you and your child. End the day with Keynote Speaker Gary Scheiner as he addresses how to “Think Like a Pancreas” and Strike those oh-so-frustrating post-meal blood sugar spikes.

**PEAK: Athletic Performance and T1D**

Whether you are training for your first 5K, playing school/club sports, or preparing to compete in the 2018 Crossfit Open – The PEAK Track will have something for you. The JDRF Performance in Exercise and Knowledge (PEAK) program aims to help increase education on effective management of physical activity for individuals with type 1 diabetes (T1D). Its goal is to break new ground in supporting safe, informed exercise within the T1D community. Dr. Inigo San Milan and Sarah Oliver, RN discuss the latest science and nutrition behind exercise with T1D.

**Adults and T1D**

Managing T1D as an adult comes with a completely different set of questions, concerns and management methods. The T1D Adult track provides answers to frequently asked but infrequently answered questions that adults have living with T1D. Micheal Rosenberry with talk about ADA laws and compliance in multiple settings including college campuses, work environments and travel. Adult women will have the opportunity to sit with Dr. Sarit Polksy as she discusses issues specific to women and T1D including hormone changes and pregnancy. In the afternoon session, join adult T1D’s and therapists to talk about managing the highs and lows of type 1 as an adult or as a spouse, caregiver or friend of an adult living with type 1 diabetes.

**TeenNation**

Teens ages 12-18 will have dedicated session for the day just for them! We know that coaxing teenagers out of bed on a Saturday isn’t easy and so we’ve created a fun program and compelling prizes for the day. Teen Trivia with a few diabetes facts mixed in will start the morning with chances to win gift cards from Myabetic, Amazon and Target. Guys and girls will break into separate sessions late morning for some open discussion time about all things mysterious about being a teenager with T1D. Dating, parties, first jobs and college will all be discussed by our team of young adults and professionals. In the afternoon, join us for the first ever T1D Teen TON Challenge where teens will work in groups to create a diabetes device they feel the market is missing. Leading Denver professionals in Diabetes, Design, Electronics and Research will be there to help facilitate the brainstorming and building of the devices. Who will win the inaugural 2018 Teen TON Challenge?

**KidNation**

While parents are off in their learning tracks for the day, JDRF Rocky Mountain offers a FREE KidNation program for kids ages 4-11. Age appropriate groups and activities will be available for a full day of learning and fun games like Pin the Beta Cell on the Pancreas. Stress Management guru, Lisa Wimberger, will teach the class meditation and mindfulness techniques to help them help themselves manage the stress of injections and site changes. Slam Dunk Diabetes will offer a full program with videos in the afternoon and a magician will wow the group to end the day. Registered Nurses will be available in the kids room(s) at all times. Parents must sign their child in and out for the lunch break. Siblings welcome.