

Join us for a VIRTUAL series! Register for a session(s) → click on the title name.

<p>April 25 10:00 AM</p>	<p><u>Nutrition Trends in T1D</u> <i>Lauren Plunkett RDN, LD, CDE</i></p> <p>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.</p>
<p>April 25 11:00 AM</p>	<p><u>When possibility becomes reality: an update on type 1 diabetes research progress.</u> <i>Annie Shultz</i></p> <p>A personal story of time, progress and the impact of research on those living with T1D. Our keynote will focus on the first-ever human study that delayed the onset of type 1 diabetes (T1D), what this means for the future and where else is progress being made.</p>
<p>April 25 1:00 PM</p>	<p><u>Conversations about Severe Low Blood Sugar and New Treatment Options</u> <i>Amy Hess-Fischl, MS, RDN, LDN, BC-ADM, CDE</i></p> <p>Join us for a conversation with a Diabetes Care and Education Specialist as she discusses new glucagon treatment options, including efficacy, usability, safety. Attendees will have an opportunity to ask questions about the information presented. The speaker is presenting on behalf of Xeris Pharmaceuticals.</p>
<p>April 26 1:00 PM</p>	<p><u>PEAK (Performance in Exercise and Knowledge) – Exercise and T1D: Put the wheels in motion!</u> <i>Lauren Plunkett RDN, LD, CDE</i></p> <p>Exercise is healthy and necessary, but how do we prepare for, and manage blood sugar levels before, during, and after, for optimal control? 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.</p>
<p>April 27 7:00 PM</p>	<p><u>JDRF Advocacy 101 & Health Policy Priorities</u> <i>Shana Durham & Steve Shirmang</i></p> <p>Hear from our Chapter's Advocacy Team Chairs as they discuss JDRF Advocacy efforts, health policy priorities, and how you can use your voice to support the T1D community.</p>
<p>April 28 7:00 PM</p>	<p><u>Taking T1D to School: PreK - 12th grade</u> <i>Alicia Rhea, RN & Edwin Bonner</i></p> <p>Going to school requires a lot of preparation & planning – especially if you are the parent of a child with T1D. Topics will include tips & strategies for how families and schools can work together to ensure the best possible care for your student, 504 plans, and more.</p>
<p>April 29 7:00 PM</p>	<p><u>Off To College</u> <i>Kameron Ulferts</i></p> <p>This session will benefit high school, college students & their parents. Topics will include tips for visiting campuses, preparing to move out, dorm accommodations, class scheduling, utilizing campus resources, & parental do's & don'ts.</p>
<p>May 2 11:00 AM</p>	<p><u>In Sickness and in Health—ImmunoTHERAPY for T1D</u> <i>Annie Shultz</i></p> <p>Type 1 diabetes is an autoimmune disease where a person's immune system mistakenly attacks insulin producing beta cells. This session will provide an "immunology 101" overview of the "healthy" immune system, and how that changes in the development of T1D. You'll also learn what immunotherapy is – and how it can help T1D.</p>
<p>May 2 1:00pm</p>	<p><u>Diabetes Distress & Burnout</u> <i>Allison Nimlos, MA, LAMFT</i></p> <p>This session will provide support for individuals with T1D on the psychosocial barriers to T1D and identifying & coping with T1D distress & depression.</p>

The information provided during the sessions and by guest speakers is intended as general information and discussion about type 1 diabetes and given as resource only. It is not to be used or relied on for disease management. Please consult your healthcare provider before making any medical decisions.

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