

Thriveabetes Conference Programme for Adults & Parents

Time	Adults with Type 1 Diabetes - Room: TBD	Parents of children with Type 1 Diabetes - Room: TBD
10:00 - 10:30	Check-in & Exhibit Hall	Check-in & Exhibit Hall
11:00 - 11:45	Opening Keynote: "Evolution of Diabetes Care" Gary Scheiner, Author of Think like a Pancreas, Certified Diabetes Educator, Clinical Director of Integrated Diabetes Services and Person with type 1 diabetes.	
11:45 - 12:15	Beverage Break/Networking Exhibitors	Beverage Break/Networking Exhibitors
12:15 - 1:00	DiAthlete: Going the Distance Gavin Griffiths, Founder of DiAthlete; Interim Executive Committee Leader IDF Young Leaders in Diabetes; ultra-endurance athlete with type 1 diabetes; London 2012 Olympic Torch Bearer	Controlling Post-Meal Spikes. Gary Scheiner Author of Think like a Pancreas, Certified Diabetes Educator, Clinical Director of Integrated Diabetes Services and Person with type 1 diabetes.
1:00 - 2:30	Buffet Lunch/Networking Exhibitors	Buffet Lunch/Networking Exhibitors
2:30 - 3:15	Adult Group Workshop; Topics to be determined by the group, may include Coping Strategies for Staying the Course! Facilitated by Joe Solowiejczyk, Kevin Moore, Grainne Flynn & Christine Meehan	Parent's Workshop with Parent Advocate Speakers Divide parents into groups according to the ages of their children with diabetes Facilitated by Rebecca Flanagan, Penny Robinson, and to be determined
3:15 - 3:45	Beverage Break/Networking Exhibitors	Beverage Break/Networking Exhibitors
3:45 - 4:30	Carb Counting Techniques Gary Scheiner	Standing Up for Your Child Without Using the Blazing Guns Approach! Penny Robinson and Joe Solowiejczyk
4:30 - 4:45	Leg Stretch Break	Leg Stretch Break
4:45 - 5:30	Closing Keynote: The latest research projects in type 1 diabetes and progress on improvements in the Diabetes Care Service Anna Clarke, Head of Research & Advocacy, Diabetes Ireland	