



ONTARIO SLIPSTREAM '19

September 27-29, 2019 | Camp Arowhon, Algonquin Park, ON



TENTATIVE - SCHEDULE IS SUBJECT TO CHANGE

FRIDAY SEPTEMBER 27

- 4:00pm Check-in & Move-In Begins
- 4:30pm Explore the Camp - Walking Tours, Icebreakers
- 6:00pm **DINNER**
- 7:30pm Official Welcome & Kick-off
- 8:30pm BYOB Wine & Cheese Campfire Social

SATURDAY SEPTEMBER 28

- 7:00am Morning Run / Morning Paddle / Coffee at the Lake (Optional)
- 8:00am **BREAKFAST**
- 9:00am Activity Options: Canoeing 101 / High Ropes / Archery
Adventure & Diabetes Panel w 2019 Adventure Team
Fun, Laughs, and Learning: Everyday life with T1D w Anna Brundage & Lorraine Anderson
Getting Creative with Self-Compassion w Chrissy Keown
- 10:30am Activity Options: Canoeing 201 / High Ropes / Hike
Back To Basics: Exercise and Diabetes Management w Julie Devos
Trends in T1D Nutrition w Lorraine Anderson
Building resiliency: how to face fears and embrace change w Michelle Sorensen
- 12:00pm **LUNCH**

THANK YOU TO OUR SPONSORS



SATURDAY SEPTEMBER 28

- 1:30pm Activity Options: Voyageur Canoe & Hike / High Ropes / Camp Skills
The Great Cookie Cook-off w Meghan Lowrey
Zone in on Insulin Dosing w Anna Brundage
Fuel for Performance with T1D w Anne Marie MacDonald
- 3:00pm Activity Options: Voyageur Canoe & Hike / Ultimate Frisbee / Archery
Hands on Tech Session w Abbott, Dexcom, Medtronic, Omnipod & Tandem
Food for thought: relationship between food, body image and T1D w Michelle Sorensen
Swim, Bike, Run, Test: Triathlon & Diabetes w Anne Marie Hospod
- 4:30pm Free Time Activities: Frisbee Golf / Archery / Voyageur / Swim
T1D Networking Session w Todd Boudreaux
Hands on Tech Session w Abbott, Dexcom, Medtronic, Omnipod & Tandem
- 6:00pm **DINNER**
- 7:15pm Hot Topics Group Session
- 9:00pm Campfire Concert with Robyn Ottolini presented by Abbott

SUNDAY SEPTEMBER 29

- 7:00am Polar Bear Dip / Morning Run / Coffee at the Lake (Optional)
- 8:00am **BREAKFAST**
- 9:00am Group Hike
Art Time w Chrissy "Ross"
Adventure & Diabetes Panel w 2019 Adventure Team
Diabetes Q&A with Lorraine Anderson & Anna Brundage
Exercise Solutions: Let's Work Together To Help Each Other w Julie De Vos

THANK YOU TO OUR SPONSORS



SUNDAY SEPTEMBER 29

- 10:30am Group Wrap Up
- 12:00pm **LUNCH**
- 1:00pm Pack Up & Head Out

THROUGHOUT THE WEEKEND

Self-Love Station with Erika Arff

Podcast Recordings with Lucy McGroarty

THANK YOU TO OUR SPONSORS



CONNECTEDINMOTION.CA
BEYONDTYPE1.ORG

