



COLORADO SLIPSTREAM '19

August 16-18, 2019 | JCC Ranch Camp, Elbert, Colorado



TENTATIVE - SCHEDULE IS SUBJECT TO CHANGE

FRIDAY AUGUST 16

- 2:30 pm Shuttle leaves from Denver International Airport
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 AUGUST 17

- 7:00am Coffee by the Pool / Morning Swim (Optional)
8:00am **BREAKFAST**
9:00am Activity Options: High Ropes / Hiking (moderate) / Water Polo
"Exercise: Increasing Insulin Sensitivity & Preventing Lows and Highs"
w Lauren Bongiorno
"Intro to Low Carb" w Lisa La Nasa
10:30am Activity Options: High Ropes / Archery / Tie Dye / Open Pool
"Mindful Mindset Magic: 3 Keys to Massively Improving Your Diabetes
Management" w Daniele Hargenrader
"The Art of Storytelling to Effect Change" w Christine Fallabel
12:00pm **LUNCH**
1:30pm Activity Options: High Ropes / Archery / Tie Dye / Aqua Fitness
"Diabetes Distress and Burnout" w Allison Nimlos
"How to Low Carb" w Lisa La Nasa
3:00pm Activity Options: High Ropes / Hiking (easy) / Open Pool
"Let's Talk About Sex: Diabetes & Intimacy" w Daniele Hargenrader
"CIM Adventure Team Trek: 2019 Recap" w Erik Douds

- 4:30pm Free Time Activities
Archery / Field Games / Open Pool / Networking
- 6:00pm **DINNER**
- 7:15pm Hot Topics Full-Group Session
- 9:00pm Campfire

SUNDAY AUGUST 18

- 7:00am Coffee by the Pool / Morning Run (Optional)
- 8:00am **BREAKFAST**
- 9:00am Activity Options: Hiking (moderate) / Yoga w Lauren Bongiorno
"Mental Health Q&A" w Allison Nimlos
- 10:30am Activity Option: Big Group Game
"Dreams Come First" w Lauren Salko
"Self Coach Your Way to Your Best A1C" w Lauren Bongiorno
- 12:00pm **LUNCH**
- 1:00pm Pack Up & Head Out

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