



NORTHEASTERN SLIPSTREAM '19

May 31-June 2, 2019 | Camp Caribou, Winslow, Maine



TENTATIVE - SCHEDULE IS SUBJECT TO CHANGE

FRIDAY MAY 31

- 3:00 pm Shuttle leaves from Portland International Jetport
- 4:00pm Check-in & Move-In Begins
- 4:30pm Explore the Camp - Walking Tours, Boat Tours
- 6:00pm **DINNER**
- 7:30pm Official Welcome & Kick-off / Icebreakers
- 8:30pm Wine & Cheese Campfire Social

SATURDAY JUNE 1

- 7:00am Yoga/ Coffee by the Lake / Morning Run (Optional)
- 8:00am **BREAKFAST**
- 9:00am High Ropes @ High Ropes Course
Archery @ Archery Range
Diabetes & Exercise 101 w Christel Oerum
Adventuring Safely w Dr Laura Nally
- 10:30am High Ropes @ High Ropes Course
Canoe/Kayak/SUP @ Waterfront
Creating a Personal Exercise Plan w Christel Oerum
Diabetes, Tech & Research Update w Dr Laura Nally
- 12:00pm **LUNCH**
- 1:00pm Hot Topics Session (Part I)
- 2:15pm Wakeboard & Waterski Lessons @ Ski Dock
Group Hike @ Forest Trails
"Adulting" with T1D w Dan Brown
Mindfulness Workshop w Sarah MacLeod

- 3:30pm Wakeboard & Waterski Lessons @ Ski Dock
Open Waterfront @ Swim Dock
Creating a Personal Exercise Plan w Christel Oerum
How to Live out of your Backpack w Erik Douds
- 4:45pm Free Time Activities
Waterfront Activities / Afternoon Run / Archery / Diabetes Networking
- 6:00pm **DINNER**
- 7:15pm Hot Topics Session (Part II)
5 Minutes of Fame (multiple speakers)
Campfire

SUNDAY SEP 30

- 7:00am Polar Bear Dip / Coffee by the Lake / Morning Hike
- 8:00am **BREAKFAST**
- 9:00am Aquazip @ Zipline
Yoga w Sarah MacLeod
- 10:30am Canoe/Kayak/SUP @ Waterfront
Group Hike @ Forest Trails
T1D & Mental Health Breakout
- 12:00pm **LUNCH**
- 1:00pm Pack Up & Head Out

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