

VIRTUAL SLIPSTREAM

APR 22-25, 2021

SCHEDULE

Thursday April 22 - Special Interest Sessions

8:30

PM EST

The Future of Diabetes DIY
Presentation

Let's Work it Out! Community Exercise Forum
Breakout

Endurance Sport Corner
Breakout

NOT born with it: Diagnosed as an Adult
Breakout

Men's Mental Health Corner
Breakout

Live Podcast Recording
Breakout

Yoga for Every Body
Activity

Friday April 23

8:00

PM EST

Welcome, Kick-off and Icebreakers
Breakout

9:00

PM EST

Diabetes Trivia Night
Breakout

Diabetes Book Club
Breakout

Paint Night
Activity

Guided Meditation & Mindfulness Practice
Activity

Anxiety & Depression Drop-in
Breakout

Saturday April 24

9:30

AM EST

Coffee By "the Lake"
Breakout

Rise & Shine Yoga
Activity

Light & Bright Low Impact Workout
Activity

HIIT Class
Activity

Managing the fear and anxiety of low BGs
Presentation

Self-Management Success: Lessons from a T1D Doc
Presentation

● Tech & Innovation ● Food & Nutrition ● Special Topics ● Activity ● Mental Health ● Exercise & Adventure

Join the Slipstream. Register today. connectedinmotion.ca

Saturday April 24

11:30
AM EST

Diabetes Tech: Global Perspectives
Presentation

Oh Baby! Pregnancy & T1D
Presentation

The art of Self-Compassion
Workshop

Plant-Based Cooking Class
Workshop

Mountain Adventures
Workshop

Candid Conversations about Complications
Breakout

Power Yoga
Activity

12:45
PM EST

EXHIBIT HALL SESSIONS

1:30
PM EST

Tandem Diabetes Care: Control IQ Update
Presentation

Sex, Hormones & Diabetes: All you wanted to know
Presentation

Exercise 101: An Introduction
Presentation

Cook with Me: Hands-On Low-Carb Cooking Class
Workshop

Telling Your T1D Story
Workshop

Supporting Your Support Crew
Breakout

Barre3 Workout
Activity

2:45
PM EST

EXHIBIT HALL SESSIONS

3:30
PM EST

HOT TOPICS SESSION

Parenting & Pregnancy

Sport & Exercise

Travel & Adventure

Food & Nutrition

Tech & Innovation

Mental Health

● Tech & Innovation ● Food & Nutrition ● Special Topics ● Activity ● Mental Health ● Exercise & Adventure

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Saturday April 24

5:30
PM EST

Getting the most out of the 770G
Presentation

Exercise 201: Advanced Strategies
Presentation

Mastering Insulin When Food Gets Challenging
Presentation

Learning to be an Effective Peer Supporter
Workshop

Empowerment: Advocating for Your Needs
Workshop

Around the World with Diabetes: Travel Story Circle
Breakout

Tools to create a positive relationship with your body
Workshop

7:30
PM EST

EVENING SOCIAL & CAMPFIRE

Sunday April 25

9:30
AM EST

Coffee By "the Lake"
Breakout

Restorative Yoga
Activity

Pilates
Activity

Plyometric Workout
Activity

Eye Health and Diabetes
Presentation

Musculoskeletal Health and Diabetes
Presentation

11:30
AM EST

An intro to Ypsomed
Presentation

The ins and outs of Celiac Disease & Diabetes
Presentation

Women's Health Special Topic: Diabetes & Contraceptives
Presentation

Strategies for avoiding the dreaded exercise low
Workshop

Back to Basics Nutrition
Workshop

Coffee by the "Pacific Ocean"
Breakout

Sunday April 25

1:30
PM EST

Making the most of Clarity Reports
Presentation

Intuitive Eating and diabetes
Presentation

Feeling Sexy with T1D
Presentation

Aging with Diabetes: Skills and Perspectives
Workshop

Small Tweaks that make a Big Difference
Workshop

How to get strong and save yourself from zombies
Workshop

Yoga & Stretch
Activity

2:45
PM EST

WRAP UP & DEBRIEF