

Ontario's Slipstream '23 Weekend Schedule

Sep 29-Oct 1 | Camp Couchiching | Orillia, ON

29 Fri

Arrival	4:00 PM
Dinner	6:00 PM
Campfire Social	7:30 PM

30 Sat

Morning Activities	7:00 AM
Coffee by the Lake @ Swim Beach Docks	
Morning Dip @ Swim Beach	
Morning Yoga with Kearah Cloer @ Town Hall Porch	
Breakfast	8:00 AM

30 Sat (continued)

Activity Options	9:00 AM
Sleep and T1D with Becky Marval @ The Hub	
Diabetes Outdoors with Michel, Amy, Sarah & Amanda @ Craft Shop	
Mental Health & T1D with Caroline Lock @ Town Hall	
Activities: Photo Walk, Low Ropes, Canoeing, Archery	
Mindfulness Workshop with Sam Tullman @ The Hub	10:30 AM
Women, T1D & Hormones with Lorraine Anderson @ Town Hall	
Plant Protein Workshop with Siva Swaminathan @ Behind Town Hall	
Activities: Nature Journaling, Forest High Ropes, Kayaking, Axe Throwing	
Lunch	12:00 PM
Tech Update	1:15 PM
Tandem Diabetes Care 15-minute Update	
Activity Options	1:30 PM
Maximizing AID supported by Medtronic Diabetes @ Town Hall	
Habits and Behaviour Change with Becky Marval @ The Hub	
50 Years with T1D with Ian Faulds @ Behind Town Hall	
Activities: Fall Colours Photo Walk, Climbing Wall, Crafts, Archery	
Diabetes Q&A with Lorraine Anderson @ Town Hall	3:00 PM
Great Cookie Bake-Off with Meghan Lowry-Freitag @ Dining Hall	
Afternoon Yoga with Kearah Cloer @ Town Hall Porch	
Activities: Geocaching, Field High Ropes, SUP, Axe Throwing	
Hot Topics	4:30 PM
Dinner	6:00 PM
Evening Social & Campfire	7:30 PM
1 Sun	
Morning Activities	7:00 AM
Coffee by the Lake @ Swim Beach Docks	
Morning Dip @ Swim Beach	
Morning Paddle @ Paddling Docks	
Breakfast	8:00 AM
Activity Options	9:15 AM
Communities of Care with Charles Woodford @ Craft Shop	
Advancements in T1D Research with Saloni Aggarwal @ Town Hall	
Mental Health Impacts of Diagnosis with Caroline Lock @ The Hub	
Nature Art with Chrissy Keown @ Town Hall Steps	
Activities: Field High Ropes, Canoeing, Axe & Stone Throwing	
Closing Activity	11:00 AM
Lunch	12:00 PM
Head Home	1:00 PM