

# Annual Type 1 Diabetes Update

An event for individuals with Type 1 diabetes, with presentations and guest speakers on exercise, and 'real life' on an insulin pump.

**SATURDAY, NOVEMBER 19TH, 2011**

**TORONTO, ON**

**8:30AM – 1:00PM**

**Mount Sinai Hospital**

**18th Floor, Ben Sadowski Auditorium**

**600 University Ave, Toronto, ON**

## EVENT PROGRAM

- ▶ **8:30am - Registration, visit exhibits and sponsors**

- ▶ **9:00am - Welcome and opening remarks**

- ▶ **9:15am – Rick Philbin, MED, ATC, CSCS**

### "SPORTS AND TYPE 1 DIABETES – FINDING THE RIGHT MIX"

An avid exercise enthusiast, athletic trainer, and person with Type 1 diabetes, Rick will be addressing the physiology of diabetes and exercise, strategies for avoiding hypoglycemia and optimizing athletic performance.



- ▶ **10:15am – Kerri Sparling, blogger, [www.SixUntilMe.com](http://www.SixUntilMe.com)**

### "LIFE UNINTERRUPTED"

Kerri is the creator and author of [www.SixUntilMe.com](http://www.SixUntilMe.com), one of the first and most widely-read diabetes patient blogs. Living with Type 1 diabetes has its own unique challenges, and sometimes the best and only way to cope is through humour and finding others who know the deal. Kerri will be sharing stories from her own life with diabetes, and how you can go about finding support online.



- ▶ **11:15am – Nutrition break**

Refreshments will be provided.

- ▶ **11:45am – Saturday Morning Live with Shawn Shephard**

Join host Shawn Shephard and a variety of guests as they share their experiences of real life with Type 1 Diabetes. Guest appearances include Anwar Boutahor, Chase Pelletier, Claire Cashman, Lindsey Carswell, Lynda Covello, and Mike Fisher.



- ▶ **12:45pm – Closing, visit exhibits and sponsors**

**Please RSVP to Robin Dales no later than Friday, November 18th, 2011 at 905-464-4939 or [rdales@its.jnj.com](mailto:rdales@its.jnj.com)**

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