



Wednesday August 5th

7:30 – GS01 ([The "e" is for Engagement](#)). Looking forward to the excitement of kicking off the conference in an audience full of thousands of diabetes educators!

9:45 - W03 ([From Brochures to Apps](#)). I'm very interested in technology and diabetes right now – should be interesting to see what's new.

11:00 - W10 ([Reach More Patients in Less Time the Telehealth Way](#)). Attending this session to see Jane Ruppert speak – I used to work with her at IHS and want to hear what's trending in telehealth.

12-2 - Time to check out the Exhibit Hall – get some snacks and talk with companies regarding potential consulting opportunities for speaking or spokesperson work!

2-3:45 - Planning to spend some quiet time now to prepare for my presentation at 3:45 (lots of deep breathing)!

3:45 - My session!! W21 – ([Social Media: Why Should I Bother?](#)). If you're looking for a fresh perspective on why and how social media can be an effective tool for diabetes educators – and HOW to address the many barriers to getting engaged with social media – this session is for YOU! Come and introduce yourself to me after the presentation!

5:00 - Time to relax! Get out and see some New Orleans sights, have dinner and drinks with friends, and then get a good night's sleep!

Thursday August 6th

7:30 - GS02 ([Engaging patients in their care using Connected Health](#)). Starting the day off with more diabetes technology!

9:15 - T01 ([Mobile Prescription Therapy: Opportunities for Educators to Improve Patient Engagement & Opportunities](#)). This sounds interesting! Always looking for tips and tools to increase patient engagement.

10:30 - T07 ([Pathophysiology of Pre-Diabetes and Early Treatment Considerations](#)). With approximately 79 million people in the US having prediabetes, this is certainly something I want to learn more about.

1:00 - T13 ([Optimizing CGM: Best Practices for the Diabetes Educator](#)). Wouldn't miss this session for anything – can't wait to hear Gary speak!

3:45 – It's a tie between T15 A – ([Can Diabetes Educators Provide Effective Exercise Counseling? Examining Current Challenges for Future Opportunities](#)) and T18 – ([Oral Anti-hyperglycemic and Insulin Therapies in Pregnancy](#)). I used to work in a high risk OB clinic and I'd love to hear what's new in oral and insulin therapy for this population, but I also think the exercise topic could be very enlightening.

5:00 – Another tie between T20 – ([The Link Between PCOS, Prediabetes and Diabetes: Nutrition Strategies for Prevention](#)) and T25 – ([The Social Network: Using Twitter to Understand Health Conversations and Visualize Data](#)) but leaning toward the twitter one since I do so many social media presentations and workshops and I'm always looking for tips to help other health professionals engage in social media.

Evening: Planning to attend a reception/event with friends.

Friday August 7th

Might sleep a little later this morning and recharge my batteries.

9:15 - F04 ([Culinary Medicine](#)). As a dietitian who is not very 'culinary', it would be good for me to attend this session.

11:00 - F06 ([Take This Job and "Love It"! How to Run a Successful Private Practice](#)). As a self-employed dietitian and diabetes educator, I'm eager to learn more about private practice tips and tools.

1 pm – Poster time! I wonder what great new research I'll learn about...

2:00 - F13 ([Diabetes and Eating Disorders](#)). It's been a long time since I worked with Eating Disorder patients but want to be aware of the risk and recommendations for PWD.

3:15 - F20 ([Diabetes and Osteoporosis: What the Connection?](#)). Since both of these run in my family – I'm selfishly extra-interested in this!

4:30 - F23 ([How to Use Your Words to Teach: Successful Writer and Editor Tell the Whole Story](#)). As a communications expert and a huge fan of Hope Warshaw – I am so jazzed about attending this session! I hope lots of folks attend and put the learnings to use!

Evening: Irish Coffee Social?? My favorite event to network and meet new friends!

Saturday August 8th

Run in the annual 5K walk/run – this will be my first race since I did my triathlon. Tweet me if you want to meet up!

9:15 – S01 ([Social Media: All "Hands-On" Deck](#)). My session with Hope Warshaw! We will be rolling up our sleeves and helping attendees do everything on social media from creating an account to creating posts with more impact. Come ready with your questions and smartphones/tablets/computers!

11:00 - S05 A ([The Diabetes Online Community: A Social Medi\(c\)a\(l\) Approach to #DiabetesCare](#)). I'm writing an article on this – definitely need to attend this session.

12:30 - S10 ([Dairy's Role in Diabetes and Lactose Intolerance](#)). Constance is a friend of mine and I'm a former dairy council dietitian so I'm eager to support and attend this session.

1:45 - S12 ([Ready, Aim: Advocate for Diabetes!](#)). Manny is such an inspiration and I'm ready to 'up my game' in advocating for diabetes so this is just what I need to help me do that!