



PREVENT. TREAT. BEAT.
DIABETES
 SYMPOSIUM

PRESENTATION
Schedule

FRIDAY, APRIL 5

	Children I	Children II	Children III	Children IV	Children V	Children VI	Children VII	Children VIII
10:00 - 10:30 AM	Diabetes 101 , presented by Dr. Ashley Bose, Ashley Pediatrics [NAH B 2.102]	Breathe & Let It Go: Learning to Breathe Through Your Emotions , presented by Victoria Gomez, LPC, STHS Clinics Mental Wellbeing Clinic [NAH 2.505/2.507]	Diabetes 101 (Spanish) , presented by Johanna Gonzalez, PA, Ashley Pediatrics [NAH B 2.509]	Easy Indoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B 2.504]	Diabetes 101 , presented by Iris Garcia, Nurse Practitioner, South Texas Health System Children's [NAH B 2.501]	Easy Outdoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B Patio]	Diabetes 101 , presented by Dr. Omar Pena Lopez, Pediatric Hospitalist, South Texas Health System Children's [NAH B 2.104]	Breathe & Let It Go: Learning to Breathe Through Your Emotions , presented by Victoria Gomez, LPC, STHS Clinics Mental Wellbeing Clinic [NAH 2.505/2.507]
10:45 - 11:15 PM	Easy Indoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B 2.504]	Diabetes 101 , presented by Dr. Ashley Bose, Ashley Pediatrics [NAH B 2.102]	Breathe & Let It Go: Learning to Breathe Through Your Emotions , presented by Victoria Gomez, LPC, STHS Clinics Mental Wellbeing Clinic [NAH 2.505/2.507]	Diabetes 101 (Spanish) , presented by Johanna Gonzalez, PA, Ashley Pediatrics [NAH B 2.509]	Breathe & Let It Go: Learning to Breathe Through Your Emotions , presented by Victoria Gomez, LPC, STHS Clinics Mental Wellbeing Clinic [NAH 2.505/2.507]	Diabetes 101 , presented by Iris Garcia, Nurse Practitioner, South Texas Health System Children's [NAH B 2.501]	Easy Outdoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B Patio]	Diabetes 101 , presented by Dr. Omar Pena Lopez, Pediatric Hospitalist, South Texas Health System Children's [NAH B 2.104]
11:30 - 12:15 PM	Fun & Healthy Snacks That Kids Can Make Themselves (Group A) , presented by STHS McAllen Dietary Department [NAH B Dining Hall]	Easy Indoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B 2.504]	Fun & Healthy Snacks That Kids Can Make Themselves (Group A) , presented by STHS McAllen Dietary Department [NAH B Dining Hall]	Easy Outdoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B Patio]	Fun & Healthy Snacks That Kids Can Make Themselves (Group A) , presented by Mayra Olivares, Registered Dietitian/Nutritionist, STHS Clinics Nutritional Health & Wellness [NAH 2.505/2.507]	Breathe & Let It Go: Learning to Breathe Through Your Emotions , presented by Victoria Gomez, LPC, STHS Clinics Mental Wellbeing Clinic [NAH 2.102/2.104]	Fun & Healthy Snacks That Kids Can Make Themselves (Group A) , presented by Mayra Olivares, Registered Dietitian/Nutritionist, STHS Clinics Nutritional Health & Wellness [NAH 2.505/2.507]	Easy Outdoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B Patio]
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1:30 - 2:00 PM	Breathe & Let It Go: Learning to Breathe Through Your Emotions , presented by Victoria Gomez, LPC, STHS Clinics Mental Wellbeing Clinic [NAH 2.102/2.104]	Easy Outdoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B Patio]	Easy Outdoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B Patio]	Breathe & Let It Go: Learning to Breathe Through Your Emotions , presented by Victoria Gomez, LPC, STHS Clinics Mental Wellbeing Clinic [NAH 2.102/2.104]	Easy Outdoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B Patio]	Easy Indoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH 2.505/2.507]	Easy Indoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH 2.505/2.507]	Easy Indoor Exercises for Kids , presented by South Texas Health System Rehabilitation Services [NAH B 2.504]

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	SENIORS	ADULTS & FAMILIES	CHILDREN	CAREGIVERS	MISC.	SPANISH
9:00 - 9:30 AM	The Rhythm is Gonna Get You: A Latin-Inspired Dance Workout the Whole Family Will Love, <i>presented by South Texas Health System Rehabilitation Services</i> [NAH B Patio]	Healthy Breakfast Ideas for the Entire Family, <i>presented by South Texas Health System McAllen Dietary Department</i> [NAH B Dining Hall]	Healthy Breakfast Ideas for the Entire Family, <i>presented by South Texas Health System McAllen Dietary Department</i> [NAH B Dining Hall]	Diabetes: Why & How Compression Socks Help & How to Properly Use Them, <i>presented by Vanessa Luna, Educate RGV</i> [NAH B 2.507]	Eating Well with Diabetes, <i>presented by Mary Lugo, Hope Family Health Center</i> [NAH B 2.505]	Ejercicios de Estiramiento Para Mantener la Fuerza, <i>presentado por South Texas Health System Rehabilitation Services</i> [NAH B 2.504]
9:45 - 10:15 AM	Managing & Improving Circulation for Diabetics, <i>presented by Dr. James E. Chalk, South Texas Vascular Institute</i> [NAH B 2.507]	Diabetes Presentation, <i>presented by Dr. Rolando Yarritu, STHS Clinics</i> [NAH B 2.102]	9:45 - 10:45 am Strength & Agility Exercises for Kids, <i>presented by STHS Rehabilitation Services</i> [NAH B Patio]	Healthy Recipes Diabetics & Their Caregivers Can Enjoy, <i>presented by South Texas Health System McAllen Dietary Department</i> [NAH B Dining Hall]	My Life After Kidney Transplantation, <i>presented by Victor Blanco, The University of Texas Medical Branch</i> [NAH B 2.509]	Comer bien con diabetes, <i>presentado por Mary Lugo, Hope Family Health Center</i> [NAH B 2.505]
10:30 - 11:00 AM	Chair Yoga Poses You Can Do at Home, <i>presented by Irma Burr, Colibri Discoveries</i> [NAH B 2.501]	Healthy Snacks for Kids (& Adults), <i>presented by South Texas Health System McAllen Dietary Department</i> [NAH B Dining Hall]		Diabetes Presentation, <i>presented by Dr. Rolando Yarritu, STHS Clinics</i> [NAH B 2.102]	The Evolution in the Treatment of Diabetes, <i>presented by Dr. Luis Reyes, FACS, FASMBS, STHS Bariatric Weight Loss Surgery Center</i> [NAH B 2.507]	Mi vida después de un trasplante de riñón, <i>presentado por Victor Blanco, The University of Texas Medical Branch</i> [NAH B 2.509]
11:15 - 11:45 AM	Diabetes & Dental Health, <i>presented by Dr. Ericka Zarate, DDS, Advanced Dentistry and Headache Center</i> [NAH B 2.507]	What Are My Options for Diabetes Medications?, <i>presented by David Vasquez, Director of Operations, STARR Pharmacy & Medical Equipment</i> [NAH B 2.102]	11:15 am - 12:30 pm Strength & Agility Exercises for Kids, <i>presented by STHS Rehabilitation Services</i> [NAH B Patio]	Easy Exercises for Caregivers, <i>presented by STHS Rehabilitation Services</i> [NAH B 2.504]	Simple Mindfulness Exercises to Include in Your Daily Routine, <i>presented by Irma Burr, Colibri Discoveries</i> [NAH B 2.509]	Ideas rápidas y fáciles para una cena saludable, <i>presentado por South Texas Health System McAllen Dietary Department</i> [NAH B Dining Hall]
12:00 - 12:30 PM	Easy, Nutritious Meals for Seniors, <i>presented by South Texas Health System McAllen Dietary Department</i> [NAH B Dining Hall]	The Rhythm is Gonna Get You: A Latin-Inspired Dance Workout the Whole Family Will Love, <i>presented by South Texas Health System Rehabilitation Services</i> [NAH B Atrium]		Daily Stretches to Help Control Diabetes, <i>presented by STHS Rehabilitation Services</i> [NAH B 2.507]		Ejercicios de peso corporal para fortalecer todo el cuerpo, <i>presentado por South Texas Health System Rehabilitation Services</i> [NAH B 2.504]
12:45 - 1:15 PM	Simple Yet Effective Stretches for Improved Mobility, <i>presented by South Texas Health System Outpatient Rehabilitation Program</i> [NAH B 2.504]	Helping My Child Manage Their Diabetes: A Mother's Journey, <i>presented by Erika Riojas</i> [NAH B 2.509]	Fun & Healthy Snacks That Kids Can Make Themselves, <i>presented by STHS McAllen Dietary Department</i> [NAH B Dining Hall]	Caring for Someone with Diabetes: What You Need Know, <i>presented by Dr. Arturo Martinez, Premier Medical Associates</i> [NAH B 2.507]	The Rhythm is Gonna Get You: A Latin-Inspired Dance Workout the Whole Family Will Love, <i>presented by South Texas Health System Rehabilitation Services</i> [NAH B Atrium]	El ritmo te atraparà: un entrenamiento de baile de inspiraci3n latina que encantarà a toda la familia, <i>presentado por South Texas Health System Rehabilitation Services</i> [NAH B Atrium]
1:30 - 2:00 PM	Tai Chi-Inspired Movements for Beginners, <i>presented by South Texas Health System Edinburg Inpatient Rehabilitation Program</i> [NAH B Atrium]	Shape Your Family's Eating Habits: Tips for Healthy Eating as a Family, <i>presented by South Texas Health System McAllen Dietary Department</i> [NAH B Dining Hall]	Living with Type 1 Diabetes: A Child's Journey, <i>presented by 9-year-old Constanza Riojas & Her Family</i> [NAH B 2.509]	Relieving Chronic Stress & Other Mental Health Issues Through Body Scan, <i>presented by Veronica Silva, LMSW, CART, STHS Clinics Mental Wellbeing</i> [NAH B 2.507]	Diabetes & Mental Health, <i>presented by Kevin Trussell, MSN, RN, STHS Behavioral</i> [NAH B 2.102]	Manejo y mejora de la circulaci3n para diab3ticos, <i>presentado por Miguel A. Mata MSN, APRN, FNP-C, South Texas Vascular Institute</i> [NAH B 2.507]

Special Sessions

What's Art Got to Do with It? The Benefits of Art Therapy (Rock Painting),
presented by Sophia Alton, Physical Therapy Assistant, STHS McAllen Outpatient Rehabilitation Center
[NAH B Atrium]
12:00 am - 2:00 pm

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