



PREVENT. TREAT. BEAT.
DIABETES
 SYMPOSIUM

PRESENTATION
 Schedule

	SENIORS	ADULTS & FAMILIES	CHILDREN	CAREGIVERS	MISC.
10:30 - 11:30 AM	The Elderly & Diabetes: Managing the Disease in Your Golden Years presented by STHS Clinics [Student Union Ballroom East, 2.100] <i>Seating Capacity: 100</i>	It's a Family Affair: How Diabetes Affects the Entire Family presented by STHS Clinics [Student Union Ballroom West, 2.102] <i>Seating Capacity: 100</i>	Diabetes 101 for Children (Parents Welcome!) presented by STHS Children's [Building J, Classroom 1.406] <i>Seating Capacity: 30</i>	Healthy Make-Ahead Meals for Family Caregivers presented by STHS McAllen Dietary Department [Student Union Cafeteria, 1.100] <i>Seating Capacity: 75</i>	So You Have Pre-Diabetes? What You Need to Do to Prevent Full-Blown Diabetes presented by STHS Clinics [Building J, Classroom 1.412] <i>Seating Capacity: 34</i>
12:30 - 1:30 PM	My Life with Diabetes: Conversations with Diabetics presented by Prominence Health Plan [Student Union Ballroom West, 2.102] <i>Seating Capacity: 100</i>	Shape Your Family's Habits: Tips for Getting Healthy as a Family presented by Complete Nutrition Solutions [Student Union Ballroom East, 2.100] <i>Seating Capacity: 100</i>	Fun & Healthy Snacks That Kids Can Make Themselves presented by STHS McAllen Dietary Department [Student Union Cafeteria, 1.100] <i>Seating Capacity: 75</i>	In Sickness & In Health: Resources for Caring For Your Loved One presented by May Brian, Caregiver SOS [Building J, Classroom 1.408] <i>Seating Capacity: 34</i>	Choosing YOU: A Body, Mind & Spirit Approach to Health & Wellness presented by Dina Sabnani [Building J, Classroom 1.412] <i>Seating Capacity: 34</i>
1:45 - 2:45 PM	Simple & Important Stretching Exercises for Seniors presented by STHS Rehabilitation Services [Student Union Ballroom East, 2.100] <i>Seating Capacity: 100</i>	Healthy Home-Cooked Meal Ideas for the Whole Family presented by Complete Nutrition Solutions [Student Union Cafeteria, 1.100] <i>Seating Capacity: 75</i>	Fun & Physical Outdoor Activities for Kids, STC presented by South Texas College Kinesiology Department & Kine Club [Outside Activities] <i>Seating Capacity: 50</i>	Avoiding Caregiver Burnout: Activities to Reduce Caregiver Stress & Boost Your Overall Well-Being [Student Union Ballroom West, 2.102] <i>Seating Capacity: 100</i>	Pregnancy & Diabetes: Are You at Risk for Gestational Diabetes presented by STHS Clinics [Building J, Classroom 1.412] <i>Seating Capacity: 34</i>
3:00 - 4:00 PM	Staying Healthy Mentally, Despite Your Diagnosis [Building J, Classroom 1.406] <i>Seating Capacity: 34</i>	Easy Exercise Ideas for the Whole Family presented by STHS Rehabilitation Services [Student Union Ballroom East, 2.100] <i>Seating Capacity: 100</i>	Easy Meals Kids Can Make! presented by STHS Children [Student Union Cafeteria, 1.100] <i>Seating Capacity: 75</i>	Taking Care of the Caregiver: How to Stay Mentally Healthy When Caring for Someone Ill [Building J, Classroom 1.408] <i>Seating Capacity: 34</i>	Laughter Is The Best Medicine: An Introduction to Laughter Yoga presented by Dina Sabnani [Student Union Ballroom West, 2.102] <i>Seating Capacity: 100</i>
4:15 - 5:15 PM	Easy, Nutritious Meals for Seniors presented by STHS McAllen Dietary Department [Student Union Cafeteria, 1.100] <i>Seating Capacity: 75</i>	What's Art Got to Do With It? The Benefits of Art Therapy (Interactive Session) presented by Physical Therapy Assistant Sophia Alton [Building J, Classroom 1.408] <i>Seating Capacity: 34</i>	At-Home Exercises to Get Kids Moving presented by South Texas College Kinesiology Department & Kine Club [Student Union Ballroom East, 2.100] <i>Seating Capacity: 100</i>	Caring for Someone with Diabetes: What You Need to Know presented by STHS Clinics [Student Union Ballroom West, 2.102] <i>Seating Capacity: 100</i>	Living with Diabetes Mellitus presented by STHS Clinics [Building J, Classroom 1.412] <i>Seating Capacity: 34</i>

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