



	SENIORS	ADULTS & FAMILIES	CAREGIVERS	MISC.	SPANISH
10:00 - 10:45 AM	Diabetes & Vision Loss , presented by Dr. Wade Graham, Thurmond Eye Associates [NAH B 2.507]	Cognitive Health in Latinos , presented by Liza Talavera-Garza, Ph.D., Assistant Professor Department of Psychological Science, UTRGV [NAH 2.102]	Healthy Make-Ahead Meals for Family Caregivers , presented by STHS McAllen Dietary Department [NAH B 1.307 - Dining Hall]	It Takes a Village: The Unidos Contra la Diabetes (UCD) Ambassador Program , presented by Unidos Contra la Diabetes [NAH B 2.505]	Viviendo Bien con Diabetes , presentado por Maria Espericueta, APRN, El Milagro Clinic [NAH B 2.501]
11:00 - 11:45 AM	Simple Yet Effective Stretches for Improved Mobility , presented by South Texas Health System Outpatient Rehabilitation Program [NAH B 2.504]	Shape Your Family's Eating Habits: Tips for Healthy Eating as a Family , presented by Complete Nutrition Solutions [NAH B 1.307 - Dining Hall] Diabetes 101: Prevention Education for the Entire Family , presented by Liji Mathew, NP, Ashley Pediatrics [NAH B 2.505]	It's a Family Affair: How Diabetes Affects the Entire Family , presented by Dr. Chris Casso, STHS Clinics [NAH B 2.507]	Laughing Away the Stress: An Introduction to Laughter Yoga , presented by Mayra Reyes [NAH B 2.501]	Ejercicios de Estiramiento Para Mantener la Fuerza , presentado por Stretch Lab [NAH B Atrium]
12:00 - 12:45 PM	Living with Diabetes: A Panel Discussion with Diabetics , presented by Prominence Health Plan & South Texas Health System [NAH B 2.507]	Family Exercises to Keep Active at Home , presented by South Texas Health System Outpatient Rehabilitation Program [NAH B 2.501] Diabetes 101: Prevention Education for the Entire Family , presented by Liji Mathew, NP, Ashley Pediatrics [NAH B 2.505]	So You Have Pre-Diabetes? What You Need to Do to Prevent Full-Blown Diabetes , presented by Dr. Efrain Rodriguez, STHS Clinics [NAH B 2.102]	Yoga for Relaxation , presented by Quiet Mind Yoga [NAH B 2.504] Diabetes: The Combined Burden of Obesity & Diabetes on Your Health , presented by Dr. Luis Reyes, South Texas Health System Bariatric Weight Loss Surgery Center [NAH B 2.505]	Consejos Para Ayudar a Su Familia a Comer Mejor , presentado por Complete Nutrition Solutions [NAH B 1.307 - Dining Hall]
1:00 - 1:45 PM	Managing & Improving Circulation for Diabetics , presented by Dr. James E. Chalk, South Texas Vascular Institute [NAH B 2.507]	Healthy Snacks for Kids (& Adults) , presented by South Texas Health System McAllen Dietary Department [NAH B 1.307 - Dining Hall]	Quick & Effective Exercise Ideas for Caregivers , presented by South Texas Health System Outpatient Rehabilitation Program [NAH B 2.504]	Questions About Nutrition? Ask the Registered Dietitians Panel Discussion , presented by Complete Nutrition Solutions [NAH B 2.501]	Vivir con Diabetes: Un Panel de Discusión con Diabéticos , presentado por Prominence Health Plan y South Texas Health System [NAH B 2.505]
2:00 - 2:45 PM	Tai Chi-Inspired Movements for Beginners , presented by South Texas Health System Edinburg Inpatient Rehabilitation Program [NAH B Atrium]	Diabetes: What Is It? , presented by Texas A&M Health McAllen [NAH B 2.102]	Healthy Recipes Diabetics & Their Caregivers Can Enjoy , presented by South Texas Health System McAllen Dietary Department [NAH B 1.307 - Dining Hall]	The Link Between Diabetes & Your Mental Health , presented by South Texas Health System Behavioral [NAH B 2.507]	Ejercicios Sencillos Que Puede Hacer en Casa , presentados por el Programa de Rehabilitación para Pacientes Ambulatorios de South Texas Health System [NAH B 2.504]
3:00 - 3:45 PM	Easy, Nutritious Meals for Seniors , presented by South Texas Health System McAllen Dietary Department [NAH B 1.307 - Dining Hall]	Diabetes & Depression , presented by Albert Gonzalez, nurse practitioner, South Texas Health System Behavioral [NAH B 2.507]		The Rhythm is Gonna Get You: Latin-Inspired Dance Workout , presented by South Texas Health System Outpatient Rehabilitation Program [NAH B Atrium]	
4:00 - 4:45 PM	Diabetes & Chronic Pain Management , presented by Dr. Sujan Gogu, STHS Clinics [NAH B 2.507]	Easy Ways to Make Physical Activity Part of Your Family's Routine , presented by South Texas Health System Outpatient Rehabilitation Program [NAH B 2.504]	Caring for Someone with Diabetes: What You Need Know , presented by Dr. Arturo Martinez, Premier Medical Associates [NAH B 2.501]		Ideas Rápidas y Fáciles Para una Cena Saludable , presentado por South Texas Health System McAllen Dietary Department [NAH B 1.307 - Dining Hall]

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
10:00 am - 1:00 pm [NAH B 2.509]

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