

PRESENTATION Schedule

HSP 2.505

<p>9:15 - 9:45 AM</p>	<p>SENIORS</p>	<p>Geriatric Diabetes presented by Dr. Saadan Niazi, STHS GME Consortium</p>
<p>10:00 - 10:30 AM</p>	<p>SENIORS</p>	<p>Managing & Improving Circulation for Diabetics presented by Dr. Ralph Brookshire, South Texas Vascular Institute</p>
<p>10:45 - 11:15 AM</p>	<p>SENIORS</p>	<p>Healthy Mouth, Healthy Blood Sugar presented by Linda Guerrero, Bella Dental</p>
<p>11:30 - 12:00 AM</p>	<p>SENIORS</p>	<p>Bridging the gap between diabetes, insulin resistance, and Alzheimer's disease in the RGV presented by Dr. Dimple Desai, South Texas Research Institute</p>
<p>12:15 - 12:45 PM</p>	<p>ADULTS & FAMILIES</p>	<p>Silver & Fit presented by Marlene Sena, Customer Engagement</p>
<p>1:00 - 1:30 PM</p>	<p>SENIORS</p>	<p>Mental Health Class presented by Arlene Martinez, MSW, STHS Behavioral</p>

PRESENTATION Schedule

HSP 2.509

9:15 - 9:45 AM	ADULTS & FAMILIES	Wound Care Basics presented by Jessica De Ochoa, Wound Care Institute of Texas
10:00 - 10:30 AM	ADULTS & FAMILIES	Compression Socks presented by Vanessa Luna, South Texas Vascular Institute
10:45 - 11:15 AM	ADULTS & FAMILIES	Diabetes & Stroke: Understanding the Connection presented by STHS Neurosciences & Stroke Institute
11:30 - 12:00 AM		
12:15 - 12:45 PM		
1:00 - 1:30 PM		

PRESENTATION Schedule

HSP 2.507

9:15 - 9:45 AM	CAREGIVERS	Diabetes Essentials for Caregivers presented by Bianca N. Nunez, M.D., STHS GME Consortium
10:00 - 10:30 AM		
10:45 - 11:15 AM		
11:30 - 12:00 AM		
12:15 - 12:45 PM	MISC.	Combining Physical & Mental Health presented by Ruben Navarro, Activity Aide Coordinator, STHS Behavioral
1:00 - 1:30 PM	MISC.	Physical Mental Health Strategies presented by Liana Chee, OTR, STHS Behavioral

PRESENTATION Schedule

HSP 2.102

<p>9:15 - 9:45 AM</p>	<p>MISC.</p>	<p>Adding Laughter...Reducing Stress presented by Mayra L. Reyes, LCSW-S, MLR Therapy & Consulting Services, PLLC</p>
<p>10:00 - 10:30 AM</p>	<p>CAREGIVERS</p>	<p>Coping Skills for Patients Living with Diabetes and Their Caregivers presented by Mayra L. Reyes, LCSW-S, MLR Therapy & Consulting Services, PLLC</p>
<p>10:45 - 11:15 AM</p>	<p>SPANISH</p>	<p>Adding Laughter...Reducing Stress (Spanish) presented by Mayra L. Reyes, LCSW-S, MLR Therapy & Consulting Services, PLLC</p>
<p>11:30 - 12:00 AM</p>	<p>MISC.</p>	<p>From Overwhelm to Empowerment: Mental Wellness Strategies for People with Diabetes presented by Mayra L. Reyes, LCSW-S, MLR Therapy & Consulting Services, PLLC</p>
<p>12:15 - 12:45 PM</p>		
<p>1:00 - 1:30 PM</p>		

PRESENTATION Schedule

HSP 2.104

9:15 - 9:45 AM		
10:00 - 10:30 AM		Type 1 & Type 2 Diabetes: Causes, Symptoms & Management presented by Jay Lake, College of Health Care Professions
10:45 - 11:15 AM	MISC.	Technology & Diabetes presented by Jay Lake, College of Health Care Professions
11:30 - 12:00 AM	CAREGIVERS	Living with Diabetes and the Resources For It presented by Jay Lake, College of Health Care Professions
12:15 - 12:45 PM		
1:00 - 1:30 PM		

PRESENTATION Schedule

HSP 2.504

9:15 - 9:45 AM		
10:00 - 10:30 AM	SPANISH	<p>Calma el Caos: Herramientas Holisticas Para Vencer el Stress de la Diabetis</p> <p>presented by Irma Burr, Colibri Discoveries</p>
10:45 - 11:15 AM	CAREGIVERS	<p>Calm the Chaos: A Mind-Body Tool Kit to Beat Diabetes Distress</p> <p>presented by Irma Burr, Colibri Discoveries</p>
11:30 - 12:00 AM	ADULTS & FAMILIES	<p>Silver & Fit</p> <p>presented by Marlene Sena, Customer Engagement, Silver & Fit</p>
12:15 - 12:45 PM	SENIORS	<p>Silver & Fit</p> <p>presented by Marlene Sena, Customer Engagement, Silver & Fit</p>
1:00 - 1:30 PM	CAREGIVERS	<p>Simple Stretches for Improved Mobility</p> <p>presented by STHS Occupational Therapists</p> <p><i>English & Spanish</i></p>

PRESENTATION Schedule

NAH B DINING HALL

9:15 - 9:45 AM		
10:00 - 10:30 AM		
10:45 - 11:15 AM		
11:30 - 12:00 AM	SPANISH	Alimenta su Bienestar presented by Patrick Woodin, Dietary Director, STHS McAllen
12:15 - 12:45 PM	CAREGIVERS	Savoring Wellness presented by Patrick Woodin, Dietary Director, STHS McAllen
1:00 - 1:30 PM	ADULTS & FAMILIES	Savoring Wellness presented by Patrick Woodin, Dietary Director, STHS McAllen

PRESENTATION Schedule

PATIO

9:15 - 9:45 AM		
10:00 - 10:30 AM		
10:45 - 11:15 AM		
11:30 - 12:00 AM		
12:15 - 12:45 PM	SPANISH	Estiramientos simples para mejorar la movilidad presented by STHS Occupational Therapists
1:00 - 1:30 PM		