



Exercise for Life!

Saturday March 13th

Northwestern Memorial Hospital
251 East Huron Street
Feinberg Pavilion, 3rd floor, Conference Center
Chicago, IL 60611-2908

Target Audiences:

- People with diabetes (type 1 and type 2) or pre-diabetes that are active or want to be active
- Healthcare professionals
- Parents, spouses, coaches (type 3's)

8am	Check-in/Registration, Vendor Fair, Light Breakfast
9:15-9:45am	"From Couch Potato to Triathlete" Lorrie DiCesare, DESA member
9:45-10:30am	"Physiology of Diabetes: Interaction between Insulin and Exercise." David Oyer, M.D., Northwestern Endocrinology
10:30-11am	Break and Vendor Fair
11-11:45am	Breakout Session (choose one) "Lets Get Moving!" Gail Sommerfeld, RD, CDE, ACE "Core Strengthening" Michelle Adams, Exercise Physiologist/Personal Trainer "Stretching for Exercise" Scott Byrdak, Exercise Physiologist/Personal Trainer
12-1pm	Lunch and Vendor Fair
1-1:45pm	Breakout Session (choose one) "Technology and Diabetes" Grazia Aleppo, M.D, Northwestern "Adjusting Medications" Sue Bettenhausen, APRN, CDE, BC-ADM "Fueling for Exercise" Lyndsay Riffe, RD, CDE
1:45-2:30pm	Breakout Session (choose one) "Technology and Diabetes" Grazia Aleppo, M.D, Northwestern "Adjusting Medications" Sue Bettenhausen, APRN, CDE, BC-ADM "Fueling for Exercise" Lyndsay Riffe, RD, CDE
2:30pm-3:15pm	Breakout Session (choose one) "Balancing your Program: Exercise Strategies for Injury Prevention" Chris Schauerte, PT, MS, DPT "Core Strengthening" Michelle Adams, Exercise Physiologist, Personal Trainer "Stretching for Exercise" Scott Byrdak, Exercise Physiologist/Personal Trainer
3:30-4:15pm	"Ask the Athletes" Panel discussion
4:15-4:30pm	Closing comments

Seating is limited so please register early online at www.diabetes-exercise.org