



Daily Camp Agenda

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| Green Medical Topic | Orange Mental Skills Topic | Blue Nutrition Topic | Grey Fitness Topic |
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| Friday March 20 | | | |
| 7:00 am – 8:00 am | Camper Registration and Breakfast Admin Team - Auditorium | | |
| 8:00 am – 8:30 am | Welcome and Introductory Remarks Dr. Matt Corcoran - Auditorium | | |
| 8:30 am – 9:30 am | Orientation/Opening Ceremony Mental Skills Team - Auditorium | | |
| 9:30 am – 10:45 am | Fitness Challenge - Group A Rob Powell -Gymnasium | Mental Skills Workshop (Stressors) – Group B Carrie Cheadle & Kristi Paguio - Auditorium | |
| 10:45 am – 12:00 pm | Mental Skills Workshop (Stressors) – Group A Carrie Cheadle & Kristi Paguio - Auditorium | | Fitness Challenge - Group B Rob Powell - Gymnasium |
| 12:00 pm – 1:00 pm | Lunch -Auditorium | | |
| 1:00 pm – 1:45 pm | Medical Lecture – Diabetes & Your Heart, part 1 Dr. Matt Corcoran - Auditorium | | |
| 1:45 pm – 2:30 pm | Nutrition Lecture – 6 Things You Need to Know for Optimizing Your Diabetes Health Nutrition Team – Auditorium | | |
| 2:30 pm – 2:45 pm | Break | | |
| 2:45 pm – 3:45 pm | Aquatic Fitness Pool | Spin with Butch Spin Studio | Low Impact General Fitness Group Fitness Studio |
| 3:45 pm – 4:00 pm | Break | | |
| 4:00 pm – 4:50 pm | Medical Lecture – Diabetes & Your Heart, part 2 Dr. Matt Corcoran - Auditorium | | |
| 4:50 pm – 5:00 pm | Announcements and Wrap Up Dr. Matt Corcoran – Auditorium | | |



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| Saturday, March 21 | | | |
| 7:00 am – 8:05 am | Breakfast- Auditorium (announcements at 8:00) | | |
| 8:05 am – 9:00 am | Building a Program to FIIT Your Diabetes Health Needs Rob Powell - Auditorium | | |
| 9:00 am – 9:55 am | Know Your Numbers (Group A) Nutrition/Certified Diabetes Educator (CDE) Team Location TBA | Mental Skills Workshop – Goal Setting (Group B) Carrie Cheadle & Kristi Paguio Location TBA | |
| 9:55 am – 10:50 am | Mental Skills Workshop – Goal Setting (Group A) Carrie Cheadle & Kristi Paguio Location TBA | | Know Your Numbers (Group B) Nutrition/Certified Diabetes Educator (CDE) Team Location TBA |
| 10:50 am – 11:00 am | Break | | |
| 11:00 am – 12:00 pm | Aquatic Fitness Pool | Spin with Butch Spin Studio | Zumba Group Fitness Studio |
| 12:00 pm – 12:15 pm | Break | | |
| 12:15 pm – 1:30 pm | Lunch & Learn - Auditorium | | |
| 1:30 pm – 2:30 pm | Mental Skills Workshop – Self Talk Carrie Cheadle & Kristi Paguio Auditorium | | |
| 2:30 pm – 2:45 pm | Break | | |
| 2:45 pm – 3:45 pm | Aquatic Fitness Pool | Pound Fitness with Lyndsay Group Fitness Studio | Yoga Location TBA |
| 3:45 pm – 4:00 pm | Break | | |
| 4:00 pm – 4:45 pm | Medical Lecture – Exercise & Insulin Dr. Matt Corcoran - Auditorium | | |
| 4:45 pm – 5:00 pm | Announcements and Wrap Up Dr. Matt Corcoran – Auditorium | | |



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| Sunday, March 22 | | | |
| 7:00 am – 8:00 am | Breakfast- Auditorium | | |
| 8:05 am – 9:00 am | General Principles of Weight Loss Tiffany Rios - Auditorium | | |
| 9:00 am – 9:55 am | Exercise Phys/Medical - Progression (Group A) Dr. Matt Corcoran/Rob Powell Location TBA | Food Labels & Meal Planning (Group B) Nutrition/Certified Diabetes Educator (CDE) Team Location TBA | |
| 9:55 am – 10:50 am | Food Labels & Meal Planning (Group A) Nutrition/Certified Diabetes Educator (CDE) Team Location TBA | | Exercise Phys/Medical - Progression (Group B) Dr. Matt Corcoran/Rob Powell Location TBA |
| 10:50 am – 11:00 am | Break | | |
| 11:00 am – 12:00 pm | Boxing with Jon Simon Group Fitness Studio | Low Impact General Fitness Location TBA | |
| 12:00 pm – 12:15 pm | Break | | |
| 12:15 pm – 1:30 pm | Lunch & Surveys - Auditorium | | |
| 1:30 pm – 2:30 pm | Spin with Butch Spin Studio | Pound Fitness with Lyndsay Group Fitness Studio | Yoga Location TBA |
| 2:30 pm – 2:45 pm | Break | | |
| 2:45 pm – 3:15 pm | Mental Skills Workshop – You Pick Your Team Carrie Cheadle & Kristi Paguio Auditorium | | |
| 3:15 pm – 4:00 pm | Closing Thoughts and Camp Wrap Up Dr. Matt Corcoran – Auditorium | | |