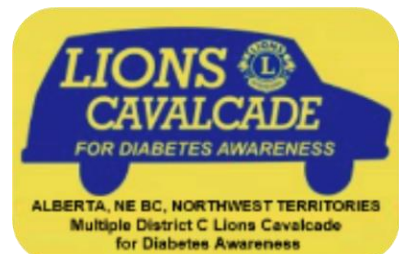


**2021 Peer Connect
Program
Alberta, Northwest
Territories &
Northeast BC**

**Presentation
Recordings &
Participant Swag
Bags**



Presented in partnership with
**Multiple District C
Lions Cavalcade for Diabetes Awareness**



Links to Session Recordings & Participant Swag Bags

Access Passcode to T1D Sessions: PeerConnectT1D!

Access Passcode to T2D Sessions: PeerConnectT2D!

Date T1D or T2D	Topic Presentations Speakers	Session Recording & Participant Swag Bag
Wed, April 14, 2021 (T1D)	<p>Nutrition & Exercise – My Management Toolkit</p> <p>Presentation:</p> <ul style="list-style-type: none"> • <i>Type 1 diabetes, low carb diets...and beyond</i> Kim Young, RD, CDE • <i>Exercise type, timing and intensity: the devil is in the details</i> Dr. Jane Yardley, PhD 	<p>Session Recording - Combined</p> <hr/> <p>Participant Swag Bag - T1D Session 1</p>
Thu, April 15, 2021 (T2D)	<p>Nutrition & Exercise – My Management Toolkit</p> <p>Presentations:</p> <ul style="list-style-type: none"> • <i>Mindfulness & healthy eating</i> Ann Zhang, BSc, RD • <i>Exercise for people with type 2 diabetes: What types of exercise? How much? Why?</i> Dr. Ron Sigal, MD, MPH, FRCPC 	<p>Session Recording - Combined</p> <hr/> <p>Participant Swag Bag - T2D Session 1</p>
Wed, June 16, 2021 (T1D)	<p>My Diabetes Care: Not Just About Blood Glucose</p> <p>Presentations:</p> <ul style="list-style-type: none"> • <i>Challenges of meeting your target goals: what you may not know</i> 	<p>Session Recording - Combined</p> <hr/> <p>Participant Swag Bag - T1D Session 2</p>

Date T1D or T2D	Topic Presentations Speakers	Session Recording & Participant Swag Bag
	<p>Lisa Huggins, RN, BN, CPT</p> <ul style="list-style-type: none"> <i>Use of non-insulin medications in type 1 diabetes: is it for me?</i> Rhonda Roedler, BSc Pharm, CDE 	
Thu, June 17, 2021 (T2D)	<p>My Diabetes Care: Not Just About Blood Glucose</p> <p>Presentations:</p> <ul style="list-style-type: none"> <i>Challenges of meeting your target goals: what you may not know</i> Lisa Huggins, RN, BN, CPT <i>The ABCDESSS of diabetes care</i> Sukhjeet Kaur Randhawa, BScN, MN-ANP, GNC(C) 	<p>Session Recording - Combined</p> <hr/> <p>Participant Swag Bag - T2D Session 2</p>
Wed, Sept 22, 2021 (T1D)	<p>Know Your Team and Support Network</p> <p>Presentations:</p> <ul style="list-style-type: none"> <i>Diabetes and your eyes: what you need to know about managing your vision and eye health</i> Dr. Kevin Hesterman, OD <i>Diabetes advocacy</i> Joan King, Director, Government Relations, West 	<p>Session Recording - Presentation #1</p> <p>Session Recording - Presentation #2</p> <hr/> <p>Participant Swag Bag - T1D Session 3</p>
Thu, Sept 23, 2021 (T2D)	<p>Know Your Team and Support Network</p> <p>Presentation Titles:</p>	<p>Session Recording - Presentation #1</p> <p>Session Recording - Presentation #2</p>

Date T1D or T2D	Topic Presentations Speakers	Session Recording & Participant Swag Bag
	<ul style="list-style-type: none"> • <i>Diabetes and your eyes: what you need to know about managing your vision and eye health</i> Dr. Kevin Hesterman, OD • <i>Who's on your diabetes team</i> Danielle Middleton, BSP, CDE, APA 	Participant Swag Bag - T2D Session 3
Wed, Dec 8, 2021 (T1D)	Healthy Mindset Presentation Titles: <ul style="list-style-type: none"> • <i>Diabetes distress & burnout</i> Melanie Snider, NP, CDE • <i>Healthy mindsets: mood, worries, and executive functioning with diabetes</i> Larissa Predy, M.A., R.Psych & Devyn Rorem, M.Ed., Doctoral Student 	Session Recording - Combined Participant Swag Bag - T1D Session 4
Thu, Dec 9, 2021 (T2D)	Healthy Mindset Presentations: <ul style="list-style-type: none"> • <i>Diabetes distress & burnout</i> Melanie Snider, NP, CDE • <i>Is there a sweet spot within stress and diabetes?</i> Margot Bergevin, RN, BScN, CDE 	Session Recording - Presentation #1 Session Recording - Presentation #2 Participant Swag Bag - T2D Session 4