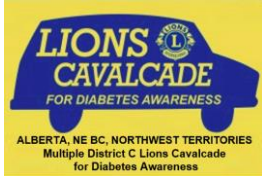


Peer Connect Program Alberta, Northwest Territories & Northeast BC



Session Titles

| Quarterly Theme: | T1/ T2 | 2021 Dates | Specific Topic | Speaker(s) |
|---|-----------|---------------|----------------|------------|
| Session 1 Nutrition & Exercise – My Management Toolkit | T1 | Apr 14 | | |
| | T2 | Apr 15 | | |
| Session 2 My Diabetes Care: Not Just About Blood Glucose | T1 | Jun 16 | | |
| | T2 | Jun 17 | | |
| Session 3 Know Your Team and Support Network | T1 | Sep 22 | | |
| | T2 | Sep 23 | | |
| Session 4 Healthy Mindset | T1 | Dec 8 | | |
| | T2 | Dec 9 | | |



2021 Program Agenda

| T1D Session 1 | | T2D Session 1 | |
|----------------------------|---------------------------------|----------------------------|-------------------------------------|
| 7:00 -7:05 p.m. (5 min.) | Welcome | 7:00 -7:05 p.m. (5 min.) | Welcome |
| 7:05 -7:10 p.m. (5 min.) | Intro to Zoom & Meeting Conduct | 7:05 -7:10 p.m. (5 min.) | Introductory Zoom & Meeting Conduct |
| 7:10 - 7:25 p.m. (15 min.) | Diabetes Canada Presentation | 7:10 - 7:25 p.m. (15 min.) | Diabetes Canada Presentation |
| 7:25 - 7:40 p.m. (15 min.) | Breakout Discussion | 7:25 - 7:40 p.m. (15 min.) | Breakout Discussion |
| 7:40 – 7:55 p.m. (15 min.) | Sponsored Presentation | 7:40 – 7:55 p.m. (15 min.) | Sponsored Presentation |
| 7:55 – 8:10 p.m. (15 min.) | Breakout Discussion | 7:55 – 8:10 p.m. (15 min.) | Breakout Discussion |
| 8:10 - 8:40 p.m. (30 min.) | Expert Panel Discussion | 8:10 - 8:40 p.m. (30 min.) | Expert Panel Discussion |
| 8:40 - 8:45 p.m. (5 min.) | Closing Remarks | 8:40 - 8:45 p.m. (5 min.) | Closing Remarks |

