

# Texas Lions Camp

4100 San Antonio Hwy.—PO Box 290247—Kerrville, TX 78029-0247  
(830) 896-8500 - [www.lionscamp.com](http://www.lionscamp.com)



## Diabetic Retreat April 16—18, 2010

Tuition for this event is \$160.00 per person.

Registration opens at 3:00 on Friday at TLC



Register today to stay current with this and other coming events.

[www.lionscamp.com](http://www.lionscamp.com)

### GOALS

1. Host a residential gathering of college age and older young adults with type 1 diabetes, and their spouses or friends, to provide fellowship, recreation, and medical and personal life skills education over a weekend in the spring of 2010.
2. Develop an on-line community and support system from this gathering that will persist beyond the event weekend.
3. Create a framework for future gatherings like this on an ongoing basis.



This retreat is intended to provide an educational primer to college age individuals, adults, and seniors who have type 1 diabetes. Family members are welcome and encouraged to attend as well. However, child care will not be provided.

Guest speakers include . . .



Steve Ponder



Barbara Anderson



Karen Runnels

# Agenda

**FRIDAY APRIL 16, 2010**

- 3:00 PM** Arrival and Check into cabins/units. Get event syllabus (AO)
- 5:30 PM** Reception in Dining Hall (light snacks, water, soft drinks)
- 6:00 PM** Take flatbed to Inspiration Point for evening gathering, mixer and food
- 6:30 PM** Inspiration BBQ dinner [Chef Bence Reyes]  
Campfire Chat (Ponder, Anderson, Runnels)
- 9:00 PM** Return to main campus/evening on own in Kerrville  
(participants use own transportation)

**SATURDAY APRIL 17, 2010**

- 7:00 AM** Breakfast in Dining Hall
- 8:00 AM** DM self care update (new diabetes technologies, medications, prep for PG, etc...)
- 8:45 AM** Recreational activity 1 [Professional dancing classes in Rec Hall]
- 10:15 AM** Snacks
- 10:30 AM** Recreational activity 2 [Challenge Course/Team Building]
- 12:15 PM** Lunch in Dining Hall (sit with faculty for informal discussion groups)
- 1:15 PM** Attention to psych health: depression, eating disorders, DM burn out (faculty: Anderson, Ponder)
- 2:15 PM** Activity 3 [Diabetes fact or fiction/game show parody format] (faculty: Runnels, Ponder)
- 4:00 PM** Pool Time/Relax [Pool] Informal conversations with faculty experts
- 6:15 PM** Dinner at Picnic Area (Informal faculty discussions)
- 7:15 PM** Dance in Rec. Hall (DJ, mixed modern ballroom, rock and roll, and C&W format)
- 9:00 PM** Free time - On your own (in town)

**SUNDAY APRIL 18, 2010**

- 8:00 AM** Breakfast in Dining Hall
- 9:00 AM** Activity 1 [advanced diabetes management techniques/GCMS] [Dining Hall]
- 10:00 AM** Activity 2 [Stump the Experts Q&A all faculty] [Dining Hall]
- 11:30 AM** Wrap up/Brief Evaluation and Check out [PONDER]
- 12:00 PM** Adjourn