



PREVENT. TREAT. BEAT.
DIABETES
 SYMPOSIUM

PRESENTATION
 Schedule

	Seniors & Caregivers	Adults & Families	Spanis/Misc.
9:15 - 9:45 AM	What You Teed To Know About Pre-Diabetes & How To Prevent Full-Blown Diabetes, presented by Cassidy Chavez, DNP, APRN, FNP-BC, Numi Hydration Space [NAH B 2.505]	Diabetes 101, presented by Moises Arjona, Unidos Contra La Diabetes [NAH B 2.102]	Stay In Shape!, presented by Sophia Alton, STHS Rehabilitation Services [NAH B 2.507]
10:00 - 10:30 PM	Managing & Improving Circulation for Diabetics, presented by Dr. Ofsman Quintana, MD, FACC, STHS Clinics [NAH B 2.505]	Foot Care for Diabetics, presented by Joe Galvan, DPM AACFAS, South Texas Foot and Ankle Doctors [NAH B 2.507]	Healthy Habits & Collective Findings of Diabetes In The RGV, presented by Moises Arjona, Unidos Contra La Diabetes [NAH B 2.102]
10:45 - 11:15 PM	Preventing Amputations presented by Dr. James Chalk, South Texas Vascular Institute [NAH B 2.102]	Simple Stretches for Improved Mobility, presented by STHS Rehabilitation Services [NAH B 2.507]	Daily Stretches to Help Control Diabetes/ Ejercicios de Estiramiento Para Mantener la Fuerza, presented by South Texas College Licensed Vocational Student Nurses [NAH B 2.505]
11:30 - 12:00 PM	Healthy Recipes Diabetics & Their Caregivers Can Enjoy presented by STHS McAllen Dietary Department [Dining Hall]	What are my options for Diabetes medications? presented by South Texas College Licensed Vocational Student Nurses [NAH B 2.505]	Estiramientos Simples, Para Mejorar la Movilidad presented by STHS Rehabilitation Services [NAH B 2.507]
12:15 - 12:45 PM	Easy Nutritious Meals for Seniors presented by STHS McAllen Dietary Department [Dining Hall]	Psychological Effects of Diabetes, presented by Dr. Elizabeth Chavez, PhD, New Dawn Counseling Services [NAH B 2.102]	Living with Diabetes/ Viviendo Bien con Diabetes Panel Discussion [NAH B 2.505/507]
1:00 - 1:30 PM	Managing Diabetes Through Self- Care presented by Dr. Elizabeth Chavez, PhD New Dawn Counseling Services [NAH B 2.102]	Healthy Eating 101 presented by STHS McAllen Dietary Department [Dining Hall]	

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