

2019 Chromosome 18 Decoded Conference

Sunday, July 21		Monday, July 22				Tuesday, July 23				Wednesday, July 24							
Time		Time	Salon D	Salon E	Self Advocates	Siblings	Time	Salon D	Salon E	Self Advocates	Siblings	Time	Salon D	Salon E	Self Advocates	Siblings	
		8:30 to 9:15	Welcome/Introductions				8:30 to 9:15	Cannabis Research and Treatments/ Applications for Cannabinoid Therapies Heather Jackson		8 Mini Habits Lily Ghiz	Siblings Workshop	8:30 to 9:15	Siblings Panel		SA Prep	Siblings Panel	
		9:15 to 10:15	Research Update J. Cody & D. Hale				9:15 to 9:30	Break				9:15 to 9:30	Break				
		10:15 to 10:30	Break				9:30 to 10:15	Having a Relationship and being a couple while Raising a Child with Disabilities Laura Marshak & Fran Prezant		Chromezee	Siblings Workshop	9:30 to 10:15	Empowering Ourselves and Our Families: Strategies for Enhancing Our Lives Laura Marshak & Fran Prezant				
		10:30 to 11:15	Facing Your Fears Audrey Blakeley		Facing Your Fears - Anxiety Tools			10:15 to 10:30	Break				10:15 to 10:30	Break			
		11:15 to 11:30	Break				10:30 to 11:15	Raising Raymie Lessons in Love and Joy Mary Cole	Encodrinology 101 Dan Hale	C.A.F.E 18 Racine Ghiz	Siblings Workshop	10:30 to 11:15	SA Panel				
		11:30 to 12:15	Cannabinoid Research in Children and Adolescents with Neurodevelopmental disorders Nicole Tartaglia		Let's 'BEAR' Each Others' Burdens			11:15 to 11:45	Break				11:15 to 11:30	Break			
		12:15 to 12:30	Break				11:45 to 4:30	Family Outing to Cheyenne Mountain Zoo Lunch On Your Own at Zoo Bus leaves hotel at 11:45 Bus leaves Zoo at 4:30				11:30 to 12:15	A Moment for Caregivers Taking Care of Yourself Gretchen Kadillak		Club 18 Racine Ghiz	Chromosome 18 and ME J. Cody	
		12:30 to 2:00	Lunch Provided - Seating by Syndrome									12:15 to 12:30	Break				
		2:00 to 2:45	Epilepsy in Chromosome 18 Disorders Sid Atkinson	Board Development	Healthy Relationships and Safety in Social Media Kris Ulstrup	Siblings Workshop						12:30 to 2:00	Lunch Provided - Seating by Region				
		2:45 to 3:00	Break									2:00 to 2:45	Understand & Managing ADHD Catherine Larson	Wine Tasting FUNraising Neale Parker	Hair, Makeup & Karaoke		
3:00 to 3:45	Ouch! Pain: What is it... and how can it be managed? Sarah Smith	Healthy Relationships and Sexuality Kris Ulstrup	Khromosome Karaoke	Siblings Workshop	2:45 to 3:00	Break				3:00 to 4:15	Syndrome Breakouts + Photos		Hair, Makeup & Karaoke				
3:45 to 4:00	Break				4:30 to 6:00	Free Time				4:15 to 4:30	Break						
4:00 to 5:30	Syndrome Breakouts + Photos	Grandparents Session (Salon F)	Khromosome Karaoke	Siblings Workshop	6:00 to 7:00	Dinner (on your own)	4:30 to 6:00	Free Time				4:30 to 5:00	Group Photos				
5:30 to 6:00	Free Time				6:00 to 8:30	Meet in Pavilion at 6:00 pm - <u>Men's Night Out</u> Meet in Lobby at 6:00 pm - <u>Siblings Night Out</u>				5:00 to 5:30	Free Time						
6:00 to 7:00	Dinner (on your own)	6:00 to 8:30	Meet in Pavilion at 6:00 pm - <u>Ladies' Night Out</u> Meet in Lobby at 6:00 pm - <u>SA Night Out</u>				5:30 to 6:30	Starfish Gala Cocktail Reception & Silent Auction									
7:00 to 8:30	Opening Social - Pavillion (Cash Bar)	6:00 to 8:30	Meet in Pavilion at 6:00 pm - <u>Ladies' Night Out</u> Meet in Lobby at 6:00 pm - <u>SA Night Out</u>				6:30 to 10:00	Starfish Gala Dinner & Dancing									

Online Auction - Monday through Wednesday

Traditional Paper Auction - Monday morning to Tuesday 10:30am

Silent Auction - Wednesday from 10:30 am to 7:30 pm