Type 2 Diabetes Prevention:
Lifestyle Change and Coverage Considerations
March 9, 2018

7:15-8:00 AM  Registration and light breakfast

8:00-8:15 AM  Welcome and Introductions

8:15-9:30 AM:  Making the Case for Type 2 Diabetes Prevention and/or Delay
Hope Warshaw, MMSc, RD, CDE
Owner, Hope Warshaw Associates, LLC

9:30-10:15 AM  Helping People Make Lifestyle Changes that Stick
Hope Warshaw, MMSc, RD, CDE
Owner, Hope Warshaw Associates, LLC

10:15-10:30 AM  Break

10:30-11:15 AM  Harnessing the Power of Exercise to Prevent Type 2 Diabetes
Gary Scheiner, MS, CDE
Owner/Clinical Director, Integrated Diabetes Services, LLC

11:15-12:15 PM  Taking Type 2 Diabetes Prevention to Clinical Practice: Case Studies
Manette Richardson, RD, CDE, LDN
Libby Mills, MS, RD, LDN, FAND, Facilitators

12:15-1 PM   Lunch (provided)
Visit healthy meal demo presented by
Gail Mitchell, Chef Nutritionist, Villanova Dining Services

1:00-3:00 PM  From Research to Practice: Improving DPP Access
Leslie Kolb, RN, BSN, MBA
Vice-President, Science and Practice, AADE

3:00-3:10 PM  Break (Light refreshments)
Courtesy of KIND®

3:10 - 4:00 PM  Panel Discussion: DPP Participants and their HCP’s: What’s the Secret to Living a Healthy Lifestyle and Keeping Pounds Off?
Moderator, Hope Warshaw, MMSc, RD, CDE

4:00 PM  Closing remarks
ACCREDITATION STATEMENTS

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