



# Healthy Me, Healthy You, Healthy Us

*A conference provided by the Adult Down Syndrome Center, a primary and specialty care clinic for adolescents and adults with Down syndrome*

**Saturday, April 6, 2019**

Registration/Check-In: 8:00am to 9:00am

Conference: 9:00am to 3:00pm

**Hyatt Lodge Training Center**

*(former location of Hamburger University)*

2715 Jorie Boulevard, Oak Brook, IL

## What makes this conference unique?

- Focused on health and wellness for individuals with Down syndrome.
- Each session features a person with Down syndrome and a subject matter expert.
- Presentation topics will include approaches to sleep apnea treatment, sensory and mental wellness, nutrition, skin and nail care, mental health, options for a meaningful adult life in the community, and Down syndrome research. Subject matter experts will include Dennis McGuire, PhD, LCSW; Jonathan Rauwerda; Matthew Balog, MPH, CCSH, RPSGT; Katie Frank, PhD, OTR/L; Janet Bilodeau, CNP; Erin Dominiak, MD; Grace O'Connor, M.Ed.; Ann Garcia, PhD; and Brian Chicoine, MD.

## Who should attend?

- People with Down syndrome, 12 years or older
- Families, friends, and caregivers of people with Down syndrome of all ages
- Professionals and advocates working in the Down syndrome community
  - *Continuing Education: Sessions will be pre-approved for QIDPs through the IDHS. We will provide certificates of attendance that can be submitted to the certifying organizations for other disciplines.*

## Registration and additional information

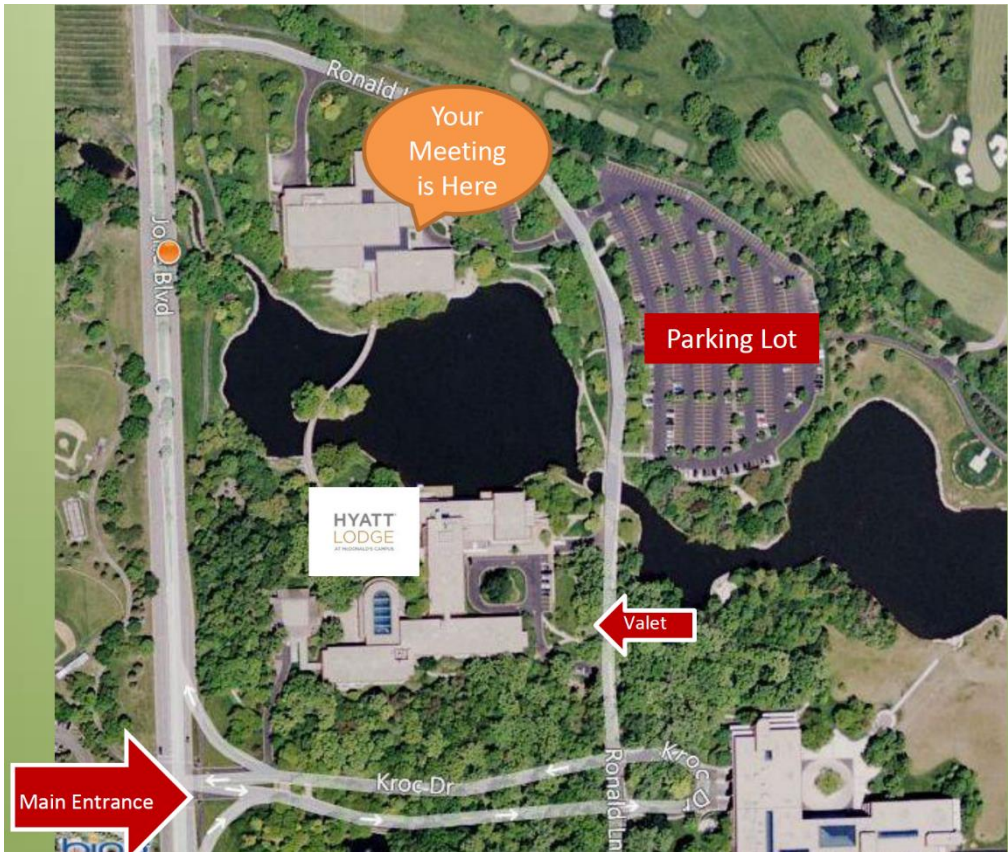
- Advance registration is required. Register at: <https://adsconference2019.eventbrite.com>
- Registration fee: \$50 per person
- Registration deadline: Friday, March 29, 2019
- Meals: Gluten-free lunch will be provided, and refreshments will be available throughout the day.
- Parking: Free lot near the entrance to Hyatt Lodge Training Center

For more information about the Adult Down Syndrome Center, please visit:

- Website: <https://www.advocatehealth.com/health-services/adult-down-syndrome-center/>
- Facebook page: <https://www.facebook.com/adultdownsyndromecenter>

Questions? Please contact Laura Chicoine at [laura.chicoine@advocatehealth.com](mailto:laura.chicoine@advocatehealth.com) or 847-318-2368.

SCHEDULE			
Time		Event/Session	
Start	End	All Attendees	
8:00am	9:00am	Registration and Check-In	
9:00am	10:00am	Opening Remarks/Keynote	
10:00am	10:15am	BREAK	
10:15am	11:15am	Breakout 1 <i>Pick 1 of 3 sessions to attend.</i>	
11:15am	11:30am	BREAK	
11:30am	12:30pm	Breakout 2 <i>Pick 1 of 3 sessions to attend.</i>	
12:30pm	1:45pm	Lunch	
1:45pm	2:45pm	<b>Attendees with Down Syndrome</b>	<b>Other Attendees</b>
		Mix and Mingle <i>Time to play games, dance, and socialize with other attendees with Down syndrome. Facilitated by Katie Frank, PhD, OTR/L.</i>	Breakout 3 <i>Looking Ahead: Down Syndrome Research Now and in the Future. Presented by Brian Chicoine, MD.</i>
2:45pm	3:00pm	Dessert and Networking	




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