

# Diabetes Day Retreat Agenda

Date: 3/9/24

Event Time: 8 AM - 4:30 PM

Location: Kelly Park/ Rock Springs

Click: [Sign Up Your Potluck Item](#)

To Purchase an Inner Tube: Rock Springs Bar & Grill

4939 Rock Springs Rd, Apopka, FL 32712

<b>7:45 AM</b>	<b>Arrive to Kelly Park</b>
8:00 AM - 9:00 AM	Get settled in, meet at the pavilion Drinks and light snacks, meet other families
9:00 AM - 9:45 AM SESSION 1	Type Zero Family Activity
9:45 AM - 11:00 AM SESSION 2	<u>Activities:</u> Arts and Crafts <i>OR</i> hiking
11:00 AM - 12:15 PM SESSION 3	<u>Activities:</u> Swimming, tubing, playground, or relax
12:15 PM - 1:15 PM	Lunch potluck
1:15 PM - 2:00 PM 1:15 PM - 2:15 PM SESSION 4	Parents & Adults: Nutrition with Jacob Dowling Kids activity with volunteers
2:15 PM - 3:30 PM	Free time / work on group challenge Volunteer break
3:30 PM - 4:00 PM	Community Showcase
4:00 PM - 4:30 PM	Circle up reflection and final activity Goodbyes



## RETREAT CHECKLIST

- \$3 (1-2 people) OR \$5 cash/card (3-8 people) to enter park
- Dress for the weather: Shorts/Leggings, shirt, and light jacket
- Protective gear: Hat/Visor/Sunglasses
- Bathing suit
- Water bottle
- Sunscreen
- Beach towel
- Medications/Emergency diabetes supplies
- Potluck item
- Optional: Blanket to lay down
- Optional: Inner tube/float

