



# 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: 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; 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
- Parents, caregivers, and siblings 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