



TEEN PROGRAM

FRIDAY, July 12, 2025

Here are our recommendations for Friday night fun!

Step 1: Pick up your conference registration badge in the Hotel Lobby between 6-9pm.

Step 2: Visit the POTS Pals/Teen Program Sign Up Desk in the Main Hallway

Most of the teens attending the conference don't know the other teens here, so it can feel a little intimidating. Our teen and young adult volunteers will make sure you feel welcome and will pair you with a friendly teen "buddy" who has been to the conference before and can show you around.

Step 3: Enjoy some of the fun activities we have planned for Friday night!

- Get to know your fellow teens during our **Teen Patients & Siblings Mixer** from 6-7PM in the Reynolds Ballroom.
- Mix your own hydrating fruity drinks at the **Electrolyte Bar** in the Cameron Ballroom.
- Visit the Interview Sign Up Desk in the Main Hallway to sign up for a slot to "**Share Your Story**" during the conference (parental permission needed if you are under 18).
- Stop by the **Old-Fashioned Ice Cream Sundae Bar** from 7:30-8:30PM in the Main Hallway.
- Meet conference guests from all over the country (and sometimes other countries) during **Speed Networking** from 7-8PM in the Mendenhall or Reynolds Ballroom.
- Join us for team **Jeopardy** in the Chimney Rock Ballroom from 8-9PM. Each table will be a team and you'll compete as a group for prizes! The Jeopardy clues will be from pop culture and dysautonomia topics. If you don't have a team, don't worry, we'll help connect you with one.

TEEN PROGRAM

Saturday, July 12, 2025

The Teen Program is open to registered conference guests aged 12-19. The Reynolds Ballroom will be the hub for our Teen Program. Teens are welcome to attend the main conference sessions too if they want to.

Icebreaker Games

Laura Rusczyk, Dysautonomia International
9:40 AM - 10:20 AM - Reynolds Ballroom

Understanding How the Autonomic Nervous System Works

Amanda Miller, PhD, Lebanon Valley College
10:30 AM - 11:10 AM - Reynolds Ballroom

Scavenger Hunt Kickoff

Shannon Linford, Dysautonomia International
11:20 AM - Noon - Reynolds Ballroom

Lunch Break

Noon – 1:00 PM - Complimentary boxed lunch available in the Main Hallway outside of the Chimney Rock Ballroom.

Using Occupational Therapy Concepts to Build Your Dysautonomia Coping Skills Toolbox

Emily Rich, PhD, OTR/L, Tucson Medical Center
1:00 PM - 1:40 PM - Reynolds Ballroom

Talking To Your Classmates About Dysautonomia & Getting Ready for College

Katherine Hut, Dysautonomia International
1:50 PM - 2:30 PM - Reynolds Ballroom

How Teens Can Raise Awareness or Raise Funds for Dysautonomia Research

Moderator: Ellie Jackson, Dysautonomia International
Panelists: Taylor Kulp, Race to Beat POTS, Shannon Allitt, Knox Rocks POTS, and Sophia Eschler, DysautoKNOWmia Movement
2:40 PM - 3:20 PM - Reynolds Ballroom

Teen Program: Scavenger Hunt Wrap-Up

Shannon Linford, Dysautonomia International
3:30 PM - 4:15 PM - Reynolds Ballroom

Awards Banquet

Dinner will be followed by DJ, dancing, photobooth, silent auction, and karaoke.
6:00 PM - 9:00 PM - Pinehurst, Chimney Rock and Mendenhall Ballroom

TEEN PROGRAM

Sunday, July 13, 2025

Ask a Dysautonomia Doctor Anything!

Pediatric dysautonomia specialists Dr. Jeff Boris, Dr. Mohammed Numan, and Dr. Meeryo Choe
Reynolds Ballroom - 10:10 AM - 10:50 AM

Nutrition Tips to Reduce Dysautonomia Symptoms

Gregory Plotnikoff, MD, MTS, FACP, Minnesota Personalized Medicine
11:00 AM - 11:40 AM - Reynolds Ballroom

Lunch Break

Noon – 1:00 PM - Complimentary boxed lunch available in the Main Hallway outside of the Chimney Rock Ballroom.

Dysautonomia-Friendly Seated Yoga

Liza Fisher, Certified Yoga Instructor
12:40 PM - 1:20 PM - Reynolds Ballroom

Navigating Social Media as a Teen with Dysautonomia

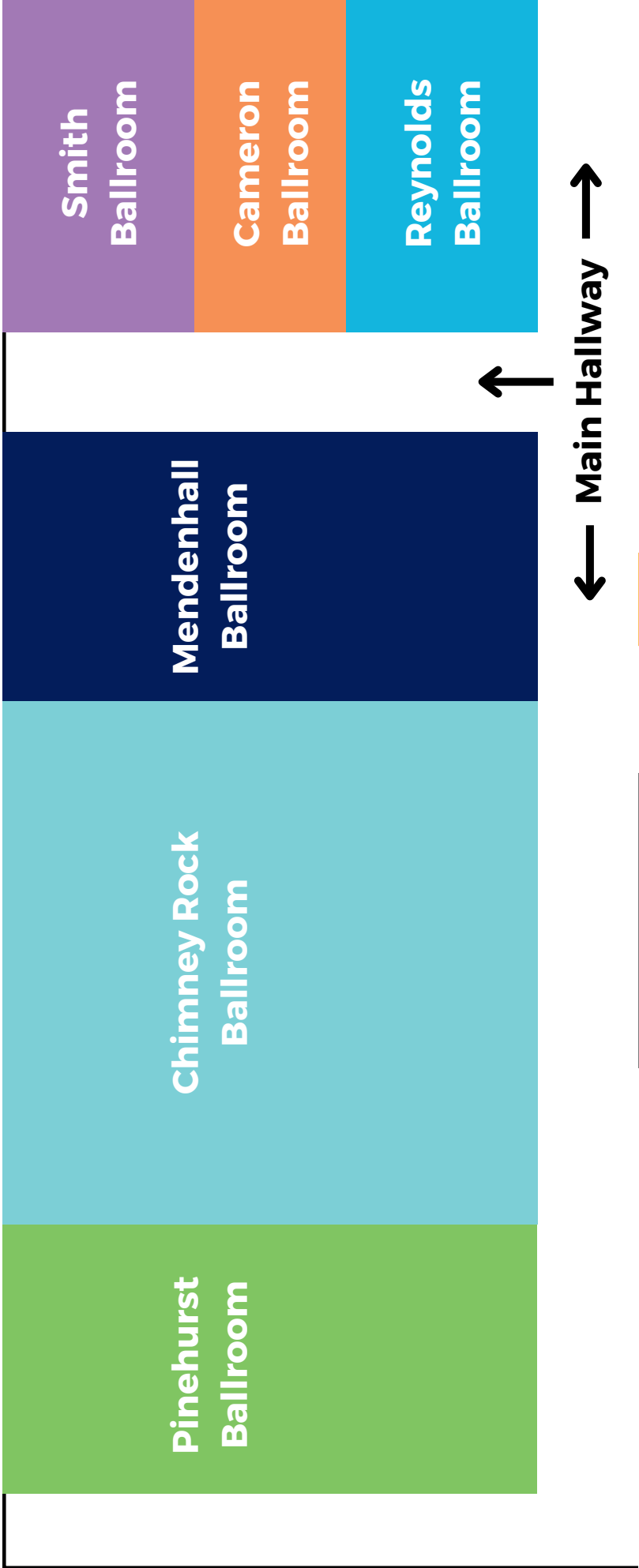
Kristen Waldbieser, Dysautonomia International
1:30 PM - 2:10 PM - Reynolds Ballroom

Stories of Hope & Recovery

Liza Fisher, Zack Hungerford, and Amanda Miller, PhD
2:20 PM - 3:05 PM - Pinehurst Ballroom

Q&A with the Experts and Closing Ceremony

3:05 PM - 4:00 PM. - Chimney Rock Ballroom



Staff Office

Restrooms



Conference Registration & Help Desk

To Hotel Main Entrance



To Hotel Sleeping Rooms/Pool/Gym

