



2025 Preliminary Teen Program

Teens (ages 13-18) have a complete program designed for their needs and interests.

We kick off our program on Friday, July 11, with a group dinner just for teens to get to know each other. This is followed by icebreakers and activities to continue to bond.

On Saturday, July 12, the teens can ask their medical questions at a Breakfast Q&A with expert doctors and attend small group workshops curated specifically for them before traveling on their field trip!

Sunday's activities will involve workshops covering a wide range of topics created specifically for them and a closing session to come together one more time before concluding the conference.

All activities will promote friendship and self-esteem so that they can complete their conference experience.

Thursday, July 10

7:00 AM – 5:00 PM

Registration and Information

8:00 AM – 4:00 PM

Health Fair Testing Day

Health Fair echocardiograms, eye exams, and lung function testing at Children's Healthcare of Atlanta. Health Fair attendance is by appointment only, and an application is required.

Friday, July 11

- 7:00 AM – 5:30 PM Registration and Information
- 8:00 AM – 5:00 PM Health Fair Evaluation Day
Health Fair screenings with experts from various disciplines at Children's Healthcare of Atlanta. Health Fair attendance is by appointment only, and an application is required.
- 1:00 PM – 2:00 PM Is this your first conference? Meet the members of the Teen Council who will help you get acquainted.
- 5:00 PM – 7:00 PM Condition-specific Mixers
Connect with fellow Conference attendees with the same condition or loved ones affected by it in a relaxed, informal setting. It's a wonderful opportunity to start building meaningful connections before the Conference officially kicks off.
- 6:30 PM – 11:00 PM Teen Dinner & Evening Activities
Meet all the unique and amazing teens at this year's conference over dinner and get an overview of the weekend from our Teen Group Leaders. Gender breakouts with community leaders and doctors will give you time to ask your questions in a safe and inclusive environment. We encourage all teens to attend the group where they are most comfortable.

Saturday, July 12

- 7:00 AM – 8:15 AM Breakfast with the Docs
Teens can ask their medical questions at a Q&A with expert healthcare professionals over breakfast.
- 8:30 AM – 9:15 AM **Workshop Session 1**
- 9:30 AM – 10:15 AM **Workshop Session 2**
- 10:30 AM – 11:15 AM **Workshop Session 3**
- 11:30 AM – 12:30 PM Check-in / Lunch
- 12:45 PM – 1:00 PM Load Buses for Field Trip
- 1:00 PM – 1:15 PM Travel to the World of Coca-Cola
- 1:30 PM – 4:00 PM World of Coca-Cola
- 4:15 PM – 5:00 PM Load Buses & Return to Hotel
- 7:30 PM – 10:00 PM 40th Celebration & Victory Party for All Ages
After enjoying a dinner with your family, pop over to the 40th Celebration & Victory Party. This all-ages event promises a night of fun with games, music, dancing, and so much more!

Sunday, July 13

7:00 AM – 8:30 AM	Breakfast
9:00 AM – 10:00 AM	Workshop Session 1
10:15 AM – 11:15 AM	Workshop Session 2
11:30 AM – 12:30 PM	Closing Words & Goodbyes

Saturday Workshops

Connective Tissues 101 If you have a connective tissue condition and would like a better understanding of it or have medical questions about it, this workshop is for you.

Eyes Learn about potential dangers and what to do to prevent injury.

Genetic Allyship This workshop is for those who do not have a Marfan or a related condition diagnosis but have a friend or family member who does. We will discuss your feelings and how you can be supportive.

Coping with Pain This session will address the non-pharmaceutical, psychological/emotional side of coping with pain, including getting ahead of pain prior to surgery.

Nutrition 101 Nutrition is a key component contributing to overall health and well-being. In this session, you will learn about nutrition and its impact on the body, common concerns for individuals with connective tissue conditions, and tips for meeting your body's nutritional needs.

Physical Activities Learn what physical activities are safe when you have a connective tissue condition and what moderation means. What are the limits for these activities and how can you exercise safely?

Transitions There are many transitions in the teenage years, such as moving from pediatric medical care to adult care and moving on from high school to college. This workshop will address these changes and how to go through them smoothly as well as how to create an emergency plan.

Sunday Workshops

Art as Therapy In these interactive sessions, explore the arts as forms of therapy. If you are looking to express yourself through a creative outlet, this session is for you!

Body Image & Self-esteem From long, flexible limbs to surgery scars, living with the physical markers of Marfan, Loeys-Dietz, VEDS, and related conditions can weigh on a person's body image. Leaders of this workshop will share their thoughts and experiences with body image, answer questions, and discuss coping strategies.

Communicating Your Diagnosis Living in a world with family and friends who do not have Marfan syndrome or a related condition isn't always easy. Knowing what to share and when can be difficult. Helping them to understand your world is important. Learn how others have handled this so you can decide what's best for you.

Depression and Anxiety Mental health is important for everyone, and the weight of a chronic illness makes it even more challenging. Attend this workshop to learn about some of the most common mental health issues (depression, anxiety, etc.), how to identify them in yourself or a loved one, and steps that can be taken to get the help needed – and deserved.