



# Teen Schedule

FAACT's Teen Retreat  
Oct 9-11, 2026  
Oak Brook, IL

Success

**FAACT's Teen Retreat**

**Respect Teamwork**

**Family Leadership**

**Confidence**

FoodAllergyAwareness.org

Empowerment



\* TOPICS & SPEAKERS subject to change \*

## FRIDAY, OCTOBER 9, 2026

| TIME             | HYATT LODGE CONFERENCE CENTER - 1st FLOOR                                                                                                                      |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4:00PM - 6:45PM  | CHECK-IN at REGISTRATION                                                                                                                                       |
| TIME             | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                                |
| 5:00PM - 6:30PM  | WELCOME DINNER                                                                                                                                                 |
| TIME             | HYATT LODGE CONFERENCE CENTER - 1st FLOOR: CONFERENCE ROOM 134/136                                                                                             |
| 6:30PM - 7:00PM  | EXPO & FIND YOUR SEATS                                                                                                                                         |
| 7:00PM - 7:15PM  | <b>Welcome:</b> Eleanor Garrow, FAACT President & CEO                                                                                                          |
| 7:15PM - 8:15PM  | <b>Keynote Speaker:</b> Curtis Zimmerman, Living the Dream                                                                                                     |
| 8:30PM - 10:30PM | <b>Teen Social:</b> Hyatt Lodge Conference Center - 1st Floor, Room 138<br><b>Parent/Caregiver Social:</b> Hyatt Lodge Conference Center - 1st Floor, Room 132 |

## SATURDAY, OCTOBER 10, 2026

| TIME              | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:45AM - 8:45AM   | BREAKFAST                                                                                                                                                                                                                                                                                                                                                                                                                               |
| TIME              | HYATT LODGE CONFERENCE CENTER - 1st FLOOR: CONFERENCE ROOM 134                                                                                                                                                                                                                                                                                                                                                                          |
| 9:00AM - 9:15AM   | <b>Owning Your Food Allergies:</b> Emery Brown, NCSP   FAACT Director, Behavioral Health                                                                                                                                                                                                                                                                                                                                                |
| 9:15AM - 10:00AM  | <b>Role-Playing Scripts on Communicating with Others:</b> Curtis Zimmerman, Living the Dream                                                                                                                                                                                                                                                                                                                                            |
| 10:00AM - 10:30AM | <b>Finding Independence with Food Allergies:</b> Carter Winslow, Teen Leader                                                                                                                                                                                                                                                                                                                                                            |
| 10:30AM - 10:45AM | BREAK                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 10:45AM - 1:00PM  | BREAKOUT SESSIONS                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                   | <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <b>9-12th GRADES - ROOM 134</b> </div> <div style="width: 48%;"> <b>6-8th GRADES - ROOM 136</b> </div> </div>                                                                                                                                                                                                                                    |
| 10:45AM - 11:30AM | <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <b>Ask the Allergist:</b> Justin Greiwe, MD - Advanced Allergy Services   FAACT Medical Advisor             </div> <div style="width: 48%;"> <b>Say No to Bullying &amp; Being Empowered:</b> Moderators, Maya Konoff &amp; Paul Kramer - Tess Ferm, Nate Hong, Evan Lund, Carter Winslow, &amp; Kai Yee, Teen Leaders             </div> </div> |
| 11:30AM - 12:15PM | <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <b>Real Talk - Food Allergies, Alcohol, &amp; Staying Safe:</b> Emery Brown, NCSP   FAACT Director, Behavioral Health             </div> <div style="width: 48%;"> <b>Ask the Allergist:</b> Justin Greiwe, MD - Advanced Allergy Services   FAACT Medical Advisor             </div> </div>                                                     |
| TIME              | HYATT LODGE CONFERENCE CENTER - 1st FLOOR: CONFERENCE ROOM 134                                                                                                                                                                                                                                                                                                                                                                          |
| 12:15PM - 1:00PM  | <b>Rewrite Your Story - Overcoming Challenges:</b> Curtis Zimmerman, Living the Dream                                                                                                                                                                                                                                                                                                                                                   |
| TIME              | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                                                                                                                                                                                                                                                                                                         |
| 1:00PM - 2:00PM   | LUNCH                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| TIME              | HYATT LODGE CONFERENCE CENTER - 1st FLOOR ENTRANCE                                                                                                                                                                                                                                                                                                                                                                                      |
| 2:15PM - 2:45PM   | <b>Shuttle to Escape the Room - TEENS ONLY</b>                                                                                                                                                                                                                                                                                                                                                                                          |
| 3:00PM - 4:00PM   | <b>Escape the Room:</b> Team Building Activity                                                                                                                                                                                                                                                                                                                                                                                          |
| 4:00PM - 4:30PM   | <b>Shuttle Back to the Hyatt Lodge Conference Center</b>                                                                                                                                                                                                                                                                                                                                                                                |
| 4:30PM - 4:45PM   | <b>TEEN GROUP PHOTO</b>                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 4:45PM - 6:30PM   | BREAK                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| TIME              | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                                                                                                                                                                                                                                                                                                         |
| 6:30PM - 7:30PM   | DINNER                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 7:30PM - 9:30PM   | <b>Teen Game Night:</b> Hyatt Lodge Conference Center - 1st Floor, Room 138<br><b>Parent/Caregiver Social:</b> Hyatt Lodge Conference Center - 1st Level, Room 132                                                                                                                                                                                                                                                                      |

## SUNDAY, OCTOBER 11, 2026

| TIME                                                 | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                                                                                                                                                                                                                                                                                   |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:45AM - 8:45AM                                      | BREAKFAST                                                                                                                                                                                                                                                                                                                                                                                                         |
| 8:45AM - 9:00AM                                      | TEENS REPORT TO BREAKOUT SESSION ROOMS                                                                                                                                                                                                                                                                                                                                                                            |
| BREAKOUT SESSIONS                                    | <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <b>9-12th GRADES - ROOM 134/136</b> </div> <div style="width: 48%;"> <b>6-8th GRADES - ROOM 132</b> </div> </div>                                                                                                                                                                                                          |
| 9:00AM - 9:30AM                                      | <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <b>College Life: From Dorms &amp; Dining Halls to Dining Out &amp; Social Events:</b> Maya Konoff, Evan Lund, &amp; Paul Kramer, Leaders             </div> <div style="width: 48%;"> <b>Socializing Safely with Friends:</b> Tess Ferm, Nate Hong, Carter Winslow, &amp; Kai Yee - Teen Leaders             </div> </div> |
| 9:30AM - 10:00AM                                     | <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <b>Dating Do's &amp; Dont's:</b> Maya Konoff &amp; Paul Kramer, Senior Leaders             </div> <div style="width: 48%;"> <b>What to Expect in High School:</b> Tess Ferm, Nate Hong, Evan Lund, Carter Winslow, &amp; Kai Yee - Teen Leaders             </div> </div>                                                  |
| JOINT SESSIONS - ROOM 134/136                        |                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 10:00AM - 10:30AM                                    | <b>Team Building Activity:</b> Curtis Zimmerman, Living the Dream                                                                                                                                                                                                                                                                                                                                                 |
| 10:30AM - 10:45AM                                    | <b>Reflecting on the Weekend:</b> Emery Brown, NCSP   FAACT Director, Behavioral Health                                                                                                                                                                                                                                                                                                                           |
| 10:45AM - 11:00AM                                    | BREAK                                                                                                                                                                                                                                                                                                                                                                                                             |
| JOINT SESSION with PARENTS - CONFERENCE ROOM 134/136 |                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 11:00AM - 11:45AM                                    | <b>Teen &amp; Parent/Caregiver Joint Session:</b> Eleanor Garrow, FAACT President & CEO, & Maya Konoff, Teen Leader                                                                                                                                                                                                                                                                                               |
| 11:45AM - 12:00PM                                    | <b>Raffle Drawings &amp; Closing Remarks</b>                                                                                                                                                                                                                                                                                                                                                                      |



# Parent/ caregiver Schedule

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Success
Respect
Teamwork
Empowerment

## Family Leadership Confidence

FoodAllergyAwareness.org



| FRIDAY, OCTOBER 9, 2026                            |                                                                                                                                                  |                                                                                  |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 1st FLOOR                                                                                                        |                                                                                  |
| 4:00PM - 6:45PM                                    | CHECK-IN at REGISTRATION                                                                                                                         |                                                                                  |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                  |                                                                                  |
| 5:00PM - 6:30PM                                    | WELCOME DINNER                                                                                                                                   |                                                                                  |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 1st FLOOR: CONFERENCE ROOM 134/136                                                                               |                                                                                  |
| 6:30PM - 7:00PM                                    | EXPO & FIND YOUR SEATS                                                                                                                           |                                                                                  |
| 7:00PM - 7:15PM                                    | Welcome: Eleanor Garrow, FAACT President & CEO                                                                                                   |                                                                                  |
| 7:15PM - 8:15PM                                    | Keynote Speaker: Curtis Zimmerman, Living the Dream                                                                                              |                                                                                  |
| 8:15PM - 8:30PM                                    | BREAK & WALK TO SOCIALS                                                                                                                          |                                                                                  |
| 8:30PM - 10:30PM                                   | Teen Social: Hyatt Lodge Conference Center - 1st Floor, Room 138<br>Parent/Caregiver Social: Hyatt Lodge Conference Center - 1st Floor, Room 132 |                                                                                  |
| SATURDAY, OCTOBER 10, 2026                         |                                                                                                                                                  |                                                                                  |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                  |                                                                                  |
| 7:45AM - 8:45AM                                    | BREAKFAST                                                                                                                                        |                                                                                  |
| 8:45AM - 9:00AM                                    | REGISTRATION & CHECK IN YOUR TEENS                                                                                                               |                                                                                  |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR - AUDITORIUM 226                                                                                       |                                                                                  |
| 9:00AM - 9:45AM                                    | Food Allergy Research Related to Teens: Justin Greiwe, MD - Advanced Allergy Services   FAACT Medical Advisor                                    |                                                                                  |
| 9:45AM - 10:30AM                                   | Shared Decision Making: Justin Greiwe, MD - Advanced Allergy Services   FAACT Medical Advisor                                                    |                                                                                  |
| 10:30AM - 11:00AM                                  | FAACT's Overview & Programs: Eleanor Garrow, FAACT President & CEO                                                                               |                                                                                  |
| 11:00AM - 11:15AM                                  | BREAK                                                                                                                                            |                                                                                  |
| 11:15AM - 12:15PM                                  | Pause, Breathe, Reset - Your Self-Care Matters: Curtis Zimmerman, Living the Dream                                                               |                                                                                  |
| 12:15PM - 1:00PM                                   | Protecting Without Overprotecting - Balancing Safety and Parental Anxiety: Emery Brown, NCSP   FAACT Director, Behavioral Health                 |                                                                                  |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                  |                                                                                  |
| 1:00PM - 2:00PM                                    | LUNCH                                                                                                                                            |                                                                                  |
| 2:00PM - 3:00PM                                    | BREAKOUT SESSIONS                                                                                                                                |                                                                                  |
|                                                    | HIGH SCHOOL - AUDITORIUM 226                                                                                                                     | MIDDLE SCHOOL - CONFERENCE ROOM 138                                              |
|                                                    | Preparing for College Discussion                                                                                                                 | Preparing for High School Discussion                                             |
|                                                    | Moderator: Caroline Moassessi, FAACT VP of Community Relations                                                                                   | Moderator: Amelia Smith, JD, FAACT General Counsel & VP of Civil Rights Advocacy |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR - AUDITORIUM 226                                                                                       |                                                                                  |
| 3:00PM - 3:45PM                                    | Understanding Your School Accommodations: Amelia Smith, JD, FAACT VP of Civil Rights Advocacy                                                    |                                                                                  |
| 3:45PM - 4:30PM                                    | Traveling Abroad with Food Allergies: Maya Konoff, FAACT Teen Leader                                                                             |                                                                                  |
| 4:30PM - 4:45PM                                    | PARENT/CAREGIVER GROUP PHOTO                                                                                                                     |                                                                                  |
| 4:45PM - 6:30PM                                    | BREAK                                                                                                                                            |                                                                                  |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                  |                                                                                  |
| 6:30PM - 7:30PM                                    | DINNER                                                                                                                                           |                                                                                  |
| 7:30PM - 9:30PM                                    | Teen Game Night: Hyatt Lodge Conference Center - 1st Floor, Room 138                                                                             |                                                                                  |
|                                                    | Parent/Caregiver Social: Hyatt Lodge Conference Center - 1st Level, Room 132                                                                     |                                                                                  |
| SUNDAY, OCTOBER 11, 2026                           |                                                                                                                                                  |                                                                                  |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR FOYER                                                                                                  |                                                                                  |
| 7:45AM - 8:45AM                                    | BREAKFAST                                                                                                                                        |                                                                                  |
| TIME                                               | HYATT LODGE CONFERENCE CENTER - 2nd FLOOR - AUDITORIUM 226                                                                                       |                                                                                  |
| 8:50AM - 9:30AM                                    | Interactive Ways to Communicate with Your Teens: Curtis Zimmerman, Living the Dream                                                              |                                                                                  |
| 9:30AM - 10:00AM                                   | Preparing Teens for Real Life - Food Allergies, Alcohol, & Safe Decision-Making: Emery Brown, NCSP   FAACT Director, Behavioral Health           |                                                                                  |
| 10:00AM - 10:45AM                                  | Ask Our Teen Leaders What You Want to Know: Tess Ferm, Nate Hong, Maya Konoff, Paul Kramer, Evan Lund, Carter Winslow, & Kai Yee                 |                                                                                  |
| 10:45AM - 11:00AM                                  | BREAK                                                                                                                                            |                                                                                  |
| JOINT SESSION with TEENS - CONFERENCE ROOM 134/136 |                                                                                                                                                  |                                                                                  |
| 11:00AM - 11:45AM                                  | Teen & Parent/Caregiver Joint Session: Eleanor Garrow, FAACT President & CEO & Emery Brown, FAACT Director of Behavioral Health                  |                                                                                  |
| 11:45AM - 12:00PM                                  | Raffle Drawings                                                                                                                                  |                                                                                  |
| 12:00PM                                            | Closing Remarks                                                                                                                                  |                                                                                  |