

ONE

2026

THE ULTIMATE CONFERENCE
& RETREAT FOR ADULTS WITH
TYPE 1 & THEIR LOVED ONES

AUGUST 14 - 16, 2026

PARADISE POINT RESORT & SPA | SAN DIEGO, CALIFORNIA

WEEKEND AT-A-GLANCE

FRIDAY

AFTERNOON / EVENING

| | |
|------------------|--|
| 3:00PM - Onward | Conference Registration |
| 3:00PM - 8:30PM | Sponsor Lounge Open |
| 4:00PM - Onward | Hotel Check-In |
| 6:00PM - 7:00PM | Welcome to ONE Speaker Program |
| 7:00PM - 8:30PM | Sponsored Dinner/Reception & Icebreaker Activities |
| 8:30PM - Onward! | Social Time in the Hotel Bar |

SATURDAY

MORNING

| | |
|------------------|----------------------------|
| 7:00AM - 8:00AM | Fitness Activities |
| 7:30AM - 9:30AM | Sponsored Breakfast Buffet |
| 10:30AM - 1:30PM | Sponsor Lounge Open |
| 9:30AM - 12:30PM | Morning Speaker Program |

AFTERNOON / EVENING

| | |
|------------------|--------------------------------|
| 12:30PM - 1:30PM | Sponsored Banquet Lunch |
| 1:30PM - 2:15PM | Afternoon Workshops |
| 2:30PM - 3:15PM | Afternoon Workshops |
| 3:30PM - 4:30PM | Group Q&A with the Experts |
| 4:30PM - 6:30PM | Fun Free Time! |
| 6:30PM - 10:00PM | Sponsored Evening Dinner/Party |

SUNDAY

MORNING

| | |
|------------------|-----------------------------|
| 7:00AM - 8:00AM | Fitness Activities |
| 7:30AM - 9:30AM | Sponsored Breakfast Buffet |
| 9:30AM - 12:30PM | Morning Speaker Program |
| 12:30PM | Farewells, Hugs, and Kisses |