

2026 MDF & MDC Regional Conference



Time	Drummond	Salon 6-7	Salon 4-5	Salon 1	Salon 2	JOA Lounge (Musset)
8:30 - 10:00 AM	Check In Opens					
9:00 - 10:00 AM	Breakfast					
10:00 - 10:45 AM	Welcome & Introduction				Quiet Space	
10:45 - 11:00 AM	Break					
11:00 - 11:45 AM	IDCM Overview Clinical Trials & Emerging Treatments	IDCM Broadcast [French]			Quiet Space	JOA Welcome and Get to Know You Session (11:00 - 11:30 AM)
11:45 AM - 12:00 PM	Break					
12:00 - 12:45 PM	DM1 & DM2: What You Need to Know	Living Better with DM: Tools & Services of Occupational Therapy	Navigating the Canadian Health System	Managing Dietary Needs & Swallowing with DM	Quiet Space	JOA Focus Group/ Activities (12:00 - 12:45 PM)
12:45 - 1:45 PM	Lunch					
1:45 - 2:45 PM	Industry Updates	JOA Parents Focus Group			Quiet Space	JOA Community Panel
2:45 - 3:00 PM	Movement Moment					
3:00 - 3:15 PM	Break					
3:15 - 4:00 PM	Exercise & DM: Moving Safely Toward Strength & Function	Living Well with DM: Addressing Energy, Motivation, & Mental Health	Life Hacks: Community Panel	Life Hacks: Community Panel [French]	Quiet Space	Stump the Doctor: JOA
4:00 - 4:15 PM	Break					
4:15 - 5:00 PM	Stump the Doctor: DM1 & DM2				Quiet Space	Karaoke and Games
5:00 - 7:00 PM	Reception, Dance Party, & Networking					

Published May 12th. *Please Note:* Agenda times are subject to change. Find the latest details at www.myotonic.org.