

SESSION TIME	EVENT	FITNESS STUDIO	DON MACNEIL Room	VINNIE'S PUB
9:00-9:30 am				Registration & Welcome
9:30-10:45 am	Session A	Intro to Tai Chi <i>Master Class</i> ; Bill & Wai Kam MacMulin	The Basics of Postural and Muscle Imbalance Assessment; Ani Delice	What's New With Canada's Food Guide?; Doreen MacLean
10:45-11:00am	<i>Break</i>			
11:00-12:15 pm	Session B	Muscular Endurance & Portable Equipment - Ball; Anne Falconer	Key Considerations When Developing Safe and Effective Exercise Programs for Breast Cancer Survivors; Heather Creamer	How to Run A Running Group; Empowering Women Through Running; Robinson Lea Myers
12:30-2:00 pm				Lunch & Annual General Meeting
2:00 -3:15 pm	Session C	Yoga For Older Adults: Guidelines for Adult Fitness, and Mind/Body Classes; Helen Burns	Inclusion in Fitness, What Does It Mean and How Can We Support It?; Julianne Acker-Verney	(no session)
3:15-3:30pm	<i>Break</i>			
3:05-4:45 pm	Session D	Bellyfit FLOW® <i>Master Class</i> ; Jessica Goreham-Penney	Hormonal Implications on Every Day Fitness and Athletic Performance: Female and Male Differences; Nikole MacLellan	(no session)
4:45-5:00pm	<i>Break</i>			
5:00-7:30pm			CPR Recert, Lifesaving Society; Gordon Richardson	