

Celebrating Our Atlantic Connections - 2020



Sessions at a Glance



Times	October 24	October 25
8:00 – 8:15	Introductions/ Welcome	Introductions/ Welcome
8:15 – 9:00	1A: The Bare Bones of Movement Stephanie Calhoun (WS)	3A: Fitness Grows Online Greg Simmonds (ET)
9:00-9:15	Q&A	Q&A
9:15 -9:30	Break	Break
9:30 – 10:15	1B: Creating a Sophisticated Model for Improved Lower Body Function Jason Rudy (WS)	3B: Get Up and Move with Robin! Robin Niderost (WS)
10:15 – 10:30	Q&A	Q&A
10:30 – 10:45	Break	Break
10:45 – 11:30	1C: The Web We Weave Stephanie Calhoun (Yoga-MC)	3C: The Future of Fitness Jason Davis (ET)
11:30 11:45	Q&A	Q&A
11:45 – 12:00	Break	Break
12:00 – 1:00	FNB – AGM	Lunch Break
1:00-1:15	Introductions/ Welcome	Introductions/ Welcome
1:15 – 2:00	2A: What's New With Canada's Food Guide Doreen Mclean (ET)	4A: Using technology to your advantage Matt Hurst (ET)
2:00 – 2:15	Q&A	Q&A
2:15 – 2:30	Break	Break
2:30 – 3:15	2B: Move-Play-Learn Shelley Swift (Mobility Challenged-MC)	4B: Bellyfit FLOW® Jessica Goreham-Penney (MC)
3:15 –3:30	Q&A	Q&A
3:30 - 3:45	Break	Break
3:45 – 4:30	2C: Seniors Staying Strong Toby Lea Peardon (MC)	4C: Inclusion in Fitness. What Does It Mean and How Can We Support It? Julianne Acker-Verney (WS)
4:30 – 4:45	Q&A	Q&A
4:45-5:00	THANK YOU	THANK YOU

Master Class (MC) Exercise class with teaching tips.

Work Shop (WS) Combination of oral presentation and practical skills learning

Educational Talk (ET) Speaker centered session with take away applications