



EVENT AGENDA

- 7:30AM - 9:00AM** Registration & Refreshments
- 9:00AM - 9:15AM** Opening Remarks
- 9:15AM - 10:15AM** **Nora Spinks** presents on *Caregiving at Work*
- 10:15AM - 10:20AM** Energizer Stretch Break
- 10:20AM - 10:50AM** Wellness Break & Exhibitor Showcase
- 10:50AM - 11:50AM** **Dr. Paul Oh** presents on *Chronic Disease Prevention*
- 11:50AM - 12:50PM** Lunch Break
- 12:50PM - 1:20PM** 2018 GoodLife Fitness Health & Wellness Leadership Award Highlights
- 1:20PM - 2:20PM** **Tammy Brazier** presents on *Authentic Leadership*
- 2:20PM - 2:25PM** Energizer Stretch Break
- 2:25PM - 2:55PM** Wellness Break & Exhibitor Showcase
- 2:55PM - 3:55PM** **Judy Croon** presents on *Stress Management*
- 3:55PM - 4:00PM** Closing Remarks

Please note: The schedule may be subject to change.