



SCHEDULE OF EVENTS

Friday, September 7



8:00AM - 12:00PM

PRE-CONFERENCE WORKSHOP

Alzheimer's Disease and Stress Resilience: Fitness Professional and Care Partner Focus

Presented by Robyn Caruso, Founder of The Stress Management Institute for Health and Fitness Professionals, and June Chewning, President of Fitness Learning Systems



8:00AM - 12:00PM

PRE-CONFERENCE WORKSHOP

TriggerPoint™ Level 1 Foam Rolling: Principles & Practice

Presented by Dr. Tonya Butler, Founder of Dynamic Therapeutics and Sports Performance



1:00PM - 5:00PM

PRE-CONFERENCE WORKSHOP

Capitalizing on the Space in Between Fitness and Medicine: Building or Restructuring Your Fitness Business to Achieve Excellence and Limitless Reward

Presented by Phil Kaplan, Founder of A.L.I.V.E. Across America



1:00PM - 5:00PM

PRE-CONFERENCE WORKSHOP

Training the Older Client with Hip and Knee Osteoarthritis

Presented by Dr. Evan Osar, Chiropractic Physician and Co-Founder of The Institute for Integrative Health and Fitness Education

Saturday, September 8



8:00AM - 9:15AM

The New Blue Ocean: The Opportune Space Between Fitness and Medicine

Presented by Phil Kaplan, Founder of A.L.I.V.E. Across America



9:30AM - 10:45AM

Exercise Programming for Breast Cancer Survivors

Presented by Andrea Leonard, Founder of the Cancer Exercise Training Institute



11:00AM - 12:30PM

Advances in Nutritional Science To Live Healthfully Past 100

Presented by Dr. Joel Fuhrman, Physician, Best Selling Author and Nutritional Researcher

12:30PM - 2:15PM – **Lunch & Learn Discussions and Expo**



2:15PM - 3:30PM

Functional Biomechanics in Special Populations

Presented by Dr. Tonya Butler, Founder of Dynamic Therapeutics and Sports Performance



3:45PM - 5:00PM

Training the Older Client with Osteoarthritis of the Spine and Hips

Presented by Dr. Evan Osar, Chiropractic Physician and Co-Founder of The Institute for Integrative Health and Fitness Education

5:15PM - 7:00PM – **Meet & Greet Mixer**

Sunday, September 9



8:00AM - 9:15AM

Medicinal Effects of Exercise

Presented by Dr. Kevin D. Steele, President of PTA Global and PTontheNet



9:30AM - 10:45AM

DNA Testing: Defining Your Path to Personalized Health & Wellness

Presented by Jessica Knurick, PhD, RDN, Clinical Product & Education at Toolbox Genomics

10:45AM - 12:00PM – **Brunch & Learn Discussions and Expo**



12:15PM - 1:30PM

Benefits of Exercise Throughout Pregnancy

Presented by Danielle Spangler, Pre and Postnatal Fitness Expert and Founder of Coremom



1:45PM - 3:00PM

Make The Golden Years Great: Exercise Prescription for Active Agers

Presented by Dr. Christian Thompson, Associate Professor of Kinesiology at University of San Francisco

Event Sponsors & Partners

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