

Schedule of Events

Friday, April 13



8:00PM - 12:00PM

Alzheimer's Disease Prevention and Intervention Specialist Gold Certificate

Presented by June Chewning, President of Fitness Learning Systems



8:00PM - 12:00PM

Pre-Conference Workshop

TriggerPoint™ Level 1 Foam Rolling: Principles & Practice

Presented by Kyle Stull, TriggerPoint Master Trainer



1:00PM - 5:00PM

Pre-Conference Workshop

Exercise Prescription for Stress Management: Bringing Mindfulness To The Fitness Industry

Presented by Robyn Caruso, Founder of The Stress Management Institute for Health and Fitness Professionals



1:00PM - 5:00PM

Pre-Conference Workshop

The IMPACT Plan

Presented by J.R. Burgess, CEO of Rejuv Medical

Saturday, April 14



8:00AM - 9:30AM

Keynote & Welcome

Body Build to Last: Optimal Musculoskeletal Aging

Presented by Dr. Nicholas DiNubile, Orthopaedic Surgeon and Best Selling Author



9:45AM - 11:00AM

Exercise Programming for Cancer Survivors

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



11:15AM - 12:30PM

The Medical Fitness Impact Plan: How to Reverse Chronic Disease and Degeneration while Building Your Bottom Line

Presented by J.R. Burgess, CEO of Rejuv Medical

12:30PM - 2:15PM – **Lunch and Expo**



2:30PM - 3:45PM

Corrective Exercise for Shoulder Impingement

Presented by Kyle Stull, TriggerPoint Master Trainer



4:00PM - 5:15PM

Your Brain on Exercise – Critical!

Presented by June Chewning, President of Fitness Learning Systems

5:30PM - 7:30PM – **Meet & Greet Mixer**

Sunday, April 15



8:00AM - 9:30AM

Keynote & Welcome

Healthcare & Fitness: Harnessing the Power of Partnership

Presented by Lindsay Vastola, Editor of Personal Fitness Professional Media



9:45AM - 11:00AM

Special Population Series: Diabetes & Hypertension

Presented by Brian Richey, Medical and Corrective Exercise Expert



11:15AM - 12:30PM

Training the Older Client with Osteoarthritis of the Spine and Hips

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

12:30PM - 2:15PM – **Lunch and Expo**



2:30PM - 3:45PM

Bigger, Fatter, Sicker: How the Standard American Diet is Killing Us!

Presented by Greg Salgueiro, Nutrition Director at American Academy of Sports Dietitians and Nutritionists



4:00PM - 5:15PM

Training a Client with Osteoporosis

Presented by Carol Michaels, Founder and Creator, Recovery Fitness®

Event Sponsors & Partners

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