



## Sessions at a GLANCE

| Fitness NB, 27 <sup>th</sup> Annual Fitness Leadership Wellness Summit<br>"Your Maritime Connections" - October 23, 2021<br>Sessions at a Glance |   |
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| TIMES  | DESCRIPTIONS  |
| 8:00-8:15  | <b>WELCOME AND HOUSEKEEPING</b>   |
| 8:15 – 9:00  | <b>1:</b> Ease into your day with Monique<br>(Senior Focus)<br><b>Monique Smith</b>   |
| 9:00-9:15  | Q & A   |
| <i>9:15 -9:30</i>  | <b>BREAK</b>  |
| 9:30 – 10:15   | <b>2:</b> All about the Hips<br>(Technique)<br><b>Stephanie Knickle</b>   |
| 10:15 – 10:30  | Q & A   |
| <i>10:30 – 10:45</i>   | <b>BREAK</b>  |
| 10:45 – 11:30  | <b>3:</b> Separating fact from fiction: How to remove uncertainty about nutrition<br>(Nutrition)<br><b>Holly Heartz</b>                 |
| 11:30 11:45  | Q & A   |
| <i>11:45 – 12:00</i>   | <b>BREAK</b>  |
| 12:00 – 1:00   | <b>FNB – AGM</b>  |
| <i>1:00 – 1:15</i>   | <b>BREAK</b>  |
| 1:15 – 2:00  | <b>4:</b> Fitness apps and Healthy Lifestyle<br>(Technology)<br><b>Marianne Perreault</b>   |
| 2:00 – 2:15  | Q & A   |
| <i>2:15 – 2:30</i>   | <b>BREAK</b>  |
| 2:30 – 3:15  | <b>5:</b> Music Mapping: Design your class one song at a time<br>(Master class)<br><b>Lauren Rogers</b>                                 |
| 3:15 –3:30   | Q & <b>BREAK</b> A  |
| <i>3:30 - 3:45</i>   | <b>BREAK</b>  |
| 3:45 – 4:30  | <b>6:</b> Conquering the Overwhelming: Restoring strength and resilience in trying times<br>(Self- Care)<br><b>Kimberley Arseneault</b> |
| 4:30 – 4:45  | Q&A   |
| 4:45-5:00  | <b>WRAP UP &amp; THANK YOU</b>  |