

# Time Schedule Ottawa

9:30 – 4:30 p.m. (doors open at 9 a.m.)

9:30 – 9:45 intro - Wendy's welcome and a song with Arthur

9:45 -10:45 a.m. Tiia Bishop and Q&A

## Break

11:00 Personal Success Stories - Marian Jordan and Tim Scapillato

11:10 Personal Success Stories - Melody Dallaire

11:20 Personal Success Stories - Wendy

11:30 - 12:00 pm Daily activities/workout presentation - Dr. Robert Black

**Lunch break:** noon – 1:00 p.m. (registrants are encouraged to bring their own lunch so as to attend David's presentation. Eateries are also available in the area... (see listings on website.)

12:15 - 12:45 Exercise and active living - David Dallaire

1:00 announcements - Wendy

1:10 Personal Success Stories - Richard and Andrea Strang

1:20 Personal Success Stories - Carolann, McCann

1:30 – 2:30 Jeff McCann and Q&A

## Break

2:45 -3:45 Dr. Doug Bishop and Q&A

3:45 – 4:15 Tiia Bishop

4:15 – 4:30 Wendy - Closing remarks, song with Arthur and Door Prizes.