

# Time Schedule Ottawa

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

9:30 – 9:45 intro

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

Break

11:00 Personal Success Stories

11:10 Personal Success Stories

11:20 Personal Success Stories

11:35 daily activities/workout presentation - Richard

Lunch: noon – 1:00 p.m.

12:15 - 12:45 exercise and active living - David

1:00 announcements

1:10 Personal Success Stories

1:20 Personal Success Stories

1:30 – 2:30 Jeff and Q&A

Break

2:45 -3:45 Doug and Q&A

3:45 – 4:15 Tiia

4:15 – 4:30 Closing remarks and Door Prizes