

Time schedule Peterborough

9:30 – 4:00 p.m. (doors open at 9 a.m.)

9:30 – 9:45 intro

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

Break

11:00 Personal Success Stories

11:10 Personal Success Stories

11: 20 Personal Success Stories

11:30 fitness presentation - Theresa

Lunch: noon – 1:00 p.m.

1:00 announcements

1:10 Personal Success Stories

1:20 Personal Success Stories

1:30 Personal Success Stories

1:45 - 2:15 Dan - Keto in the Kitchen

Break

2:30 -3:30 Theresa and Q&A

3:45 Closing remarks and Door Prizes