

SCHEDULE

| ARRIVAL DAY | MONDAY, OCTOBER 20TH | |
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| ALL DAY | TEAM ARRIVES! @ SHERATON Pick up swag at check-in | 745 BAYWOOD DR, PETALUMA |
| DAY 1 | TUESDAY, OCTOBER 21ST Fitness Attire, | |
| 8:00 - 9:30 AM | WELCOME + BREAKFAST Tuesday arrivals grab swag in the Ballroom | BALLROOM |
| 8:30 AM Be in your seat, ready to go! | ACTIVE FOUNDERS, ACTIVE UNIVERSITY KICK OFF | BALLROOM |
| 9:00 - 9:45 AM | SESSION #1: MIKE RUCKER, JOB CRAFTING | BALLROOM |
| 10:00 - 11:15 AM | SESSION #2: CHRIS STEVENSON, MEMBER CONFLICT | BALLROOM |
| 11:15 AM - 12:00 PM | SESSION #3: MEREDITH DEPERSIA, HR COMMUNICATIONS | BALLROOM |
| 12:00 - 1:00 PM | LUNCH WITH MATRIX + INBODY | BALLROOM |
| 1:00 - 1:45 PM | SESSION #4: MICHELE WONG, LEADERSHIP | BALLROOM |
| 2:00 - 4:00 PM | VENDOR SHOWCASE Be ready for Headshots | 2ND FLOOR |
| 5:30 - 8:00 PM | DINNER @ BREWSTERS Casual Attire | 229 WATER ST |
| DAY 2 | WEDNESDAY, OCTOBER 22ND | |
| 8:00 - 9:00 AM | BREAKFAST Fitness Attire | 2ND FLOOR |
| 9:00 - 9:45 AM | SESSION #5: NATHAN PRICE, LONGEVITY | BALLROOM |
| 10:00 - 11:15 AM | SESSION #6: MICHELE WONG, PROGRAMMING | BALLROOM |
| 11:15 AM - 12:00 PM | SESSION #7: KEEPIN' IT REEL - THE CREATIVE TEAM (INTRODUCTION TO REELS) (MARK, ALVIN, & LIZZIE) | BALLROOM Download Instagram A on your Pho |
| 12:00 - 1:00 PM | LUNCH + TEAM HIGHLIGHTS | 2ND FLOOR |
| 1:00 - 1:45 PM | SESSION #8: RYAN GLATT, COGNITIVE TRAINING | BALLROOM |
| 1:45 - 2:45 PM | SESSION #9: BRAIN HEALTH EXPERT PANEL | BALLROOM |
| 3:00 - 4:15 PM | SESSION #10: BILL MCBRIDE, SALES | BALLROOM |
| 5:30 PM 6:15 PM | HAPPY HOUR HOSTED BY CMR @ SEARED Casual Attire | 170 PETALUMA BLVD N |
| DEPARTURE DAY | THURSDAY, OCTOBER 23RD | |
| 8:00 - 9:30 AM | FAREWELL BREAKFAST Fitness Attire | 2ND FLOOR |
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