



## 2022 Sessions

Time (Eastern Standard - EST)	Session
<b>Thursday April 21st, 2022</b>	<b>Please log on at 6:50pm (instructions to be provided)</b>
7pm - 9pm	Welcoming Remarks with Connie Beaulieu and Kickoff Keynote Presentation with Peter Twist, Michael Piercy, Dr Jennifer Vriend & Anna Goldstein
<b>Saturday, April 23rd, 2022</b>	<b>Please log on at 9:10am (instructions to be provided)</b>
9:15am - 9:30am	ACTIVATE Morning Message with Connie Beaulieu & SGT Ken®
9:30am - 10:45am	2001 - The Power of Perseverance™ - A Soldier's Story of Courage over Chaos™ with SGT Ken®
9:30am - 10:45am	2002 - Simple Circuits with Lisa Mastracchio
9:30am - 10:45am	2003 - Athletic Flow with Alex McLean
<b>BREAK</b>	
11:05am - 12:20pm	2004 - The ART OF HYBRID TRAINING – The Most Effective Programming for Personal Trainers with JC Santana, presented by IHP
11:05am - 12:20pm	2005 - Virtual Networking - How to Grow and Nurture a Community Online with Lindsey Rainwater, presented by WIFA
11:05am - 12:20pm	2006 - The Mindset Mastery Coach with Bonnie Patterson
<b>LUNCH</b>	
1:00pm - 2:15pm	2007 - Next Level Anatomy with Sarah Zahab
1:00pm - 2:15pm	2008 - Breakdown the Barre Barriers! CardioBarre Mix with Jenn Hall
1:00pm - 2:15pm	2009 - Making It Stick - Joy-Centered Coaching for Habit Change with Jeremy Fernandes, presented by Precision Nutrition
<b>Sunday, April 24th, 2022</b>	<b>Please log on at 9:10am (instructions to be provided)</b>
9:15am - 9:30am	ACTIVATE Coffee Connections
9:30am - 10:45am	2010 - Body Image: Helping Them and Us Find Space for Who We Really Are with Tasha Edwards
9:30am - 10:45am	2011 - Common Knee Problems and How To Deal With Them with Orthopedic Surgeon Dr Chris Raynor
9:30am - 10:45am	2012 - The Building Blocks of Cardio Kickbox with Steve Feinberg
<b>BREAK</b>	
11:05 am - 12:20pm	2013 - How To Stand Out In An Industry Full Of Training Apps and Influencers: PT Strategies with Amber Reynolds
11:05 am - 12:20pm	2014 - Finding Your Confidence Behind The Camera: Tips & Tricks for the Fitness Instructor with Jayde Kabeya
11:05 am - 12:20pm	2015 - Behaviour Change & Leadership Development with Bobby Cappuccio
<b>LUNCH</b>	
1:00pm - 2:15pm	2016 - Nutrition for Weight Loss in Midlife: 7 Common Challenges (And How to Fix Them) with Dr Marc Bubbs
1:00pm - 2:15pm	2017 - Functional Aging with Helen Vanderburg
1:00pm - 2:15pm	2018 - Mental Immunity - Harnessing the Power of Meditation to Build it! with Angela Kontgen
2:15pm - 2:30pm	Closing Remarks & Important Notices from ACTIVATE

Schedule subject to slight modification