

	A	B
8:00-8:30	<b>WELCOME AND INTRODUCTION</b> DAVID HARRIS	
8:30-9:00	<b>KEYNOTE</b> <b>JAMES PINCKNEY II</b> THE FUTURE OF HEALTHCARE & HEALTH CLUBS: THE EVOLUTION OF THE HIGH PERFORMANCE LIFESTYLE	
9:10-9:55	<b>GRAY COOK (L)</b> HACKING MOVEMENT	<b>JEFFREY BLAND (L)</b> HOW FOOD AND NUTRIENTS SET YOUR BIOLOGICAL CLOCK
10:05-10:50	<b>JEFFREY ILLIFF (L)</b> FORWARD THINKING: MAINTAINING COGNITIVE RESERVE NOW AND IN THE DECADES TO COME	<b>DAMON BAYLES/JENNIFER MARTIN (L)</b> CHANGE THE CONVERSATION: HOW TO TALK TO YOUR CLIENTS TO FACILITATE BEHAVIOR CHANGE
11:00-11:45	<b>CRAIG LIEBENSON (L)</b> THE OTHER SIDE OF STRENGTH	<b>BRANDON MARCELLO (L)</b> RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT
11:55-12:40	<b>DAVID PERLMUTTER (L)</b> RE-WRITE YOUR BRAIN'S DESTINY	<b>MICHOL DALCOURT (L)</b> EXERCISE TRAINING VARIABILITY FOR HEALTH
1:40-2:25	<b>HELEN KOLLIAS (L)</b> THE GREAT GMO DEBATE	<b>CRAIG LIEBENSON (P)</b> BODYWEIGHT CORE TRAINING: MAKING YOUR MOVEMENT PREP EFFICIENT
2:35-3:20	<b>JENNIFER MARTIN (L)</b> NEW FINDINGS IN SLEEP SCIENCE	<b>BRANDON MARCELLO (P)</b> RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT
3:30-4:15	<b>JAMES O'KEEFE (L)</b> HARD BONES, SOFT ARTERIES-NOT VICE VERSA	<b>MICHOL DALCOURT (P)</b> DESIGNING A PHYSICAL TRAINING PROGRAM FOR HIGH PERFORMANCE LIVING
4:25-5:05	<b>JUSTIN MAGER (L)</b> EXTRAORDINARY BEINGS	<b>GRAY COOK (P)</b> HACKING MOVEMENT
5:15-6:00	<b>PANEL DISCUSSION</b>	

## IMPORTANT DETAILS

- During each scheduled session, you'll have the choice to watch presentation A or B. You can switch between the two (where applicable) at any time within the virtual portal.
- CEU certificates will be unlocked and downloadable for each presentation when the indicated viewing time is achieved.
- Each presentation will be available on-demand within 2 hours of the live-streamed session. All presentations will be available on-demand until 5.31.17.

L - Lecture P - Practical