

## Active Aging/ Active Recovery & Regeneration/ Medical Fitness

Friday, August 9






Ses#	Start	End	Session Name	Type	Sponsor	Presenter
1107	8:15AM	9:30AM	The Science & Art of Longevity	L		Meghan Jarvis
1115	8:15AM	9:30AM	Foot Wedges, Squat Blocks & Lower Extremity Biomechanics	W/S	<b>NABOSO®</b>	Dr. Emily Splichal
1122	8:15AM	9:30AM	Bone Health Bootcamp	W/S		Christine Conti
1125	8:15AM	9:30PM	Myofascial Release	W/S		Helen Vanderburg
1141	12:30PM	1:15PM	Ayurveda for Self-Care	W/S		Tracy Jennings-Hill
1205	1:30PM	3:00PM	Brain Fitness 101	L		Jill Hewlett
1207	1:30PM	3:00PM	Training the Neurodivergent Athlete	L		Christine Conti
1216	1:30PM	3:00PM	Training the Active Ager: Put Your Preconceived Notions Aside	W/S		Melody Schoenfeld
1220	1:30PM	3:00PM	Introducing Circadian Biology: Why Timing Matters in Health & Performance	L		Nick Lambe
1221	1:30PM	3:00PM	Anti-Inflammatory Eating	L		Andy De Santis
1510	3:00PM	3:45PM	Unlock the Power of Sleep: A Deep Dive into Restorative Rest	L		Alanna McGinn
1303	3:30PM	5:00PM	Injury Prevention Blueprint: Integrating Genetics for Sustainable Fitness	L		Aderonke Daramola
1315	3:30PM	5:00PM	Understanding the Aging Foot & its Effect on Movement	W/S	<b>NABOSO®</b>	Dr. Emily Splichal
1322	3:30PM	5:00PM	Pro Athlete Active Recovery	W/S		Dane Robinson
1327	3:30PM	5:00PM	Mental Performance Training: How to Master Your Mind for Peak Performance	W/S		Hilary Bennett
1305	3:45PM	5:15PM	Optimizing Nutrition for Men Over 40	L		Funk Roberts
1513	4:00PM	5:00PM	Posture, Injury, Emotions: Unraveling the Connection	L		Heather Harvey & Karina Krepp
1517	5:30PM	6:00PM	5 Crucial Pathways to Biohacking Pain & Recovery	W/S		Chad Benson

L = Lecture; W/S = Workshop; W/O = Workout; P = Panel, C = Competition



## Active Aging/ Active Recovery & Regeneration/ Medical Fitness

**Saturday, August 10**

Ses#	Start	End	Session Name	Type	Sponsor	Presenter
2115	8:15AM	9:30AM	Regenerative Sports Medicine	W/S		Dr. Sean Kings
2136	8:15AM	9:30AM	Beyond Lower Crossed Syndrome: A Comprehensive Approach to the Hips	W/S		Brendan Fox
2503	11:00AM	11:45AM	Let's Get Brain Fit!	L		Jill Hewlett
2507	1:00PM	1:45PM	Brain Fitness Strategies for Cognitive Longevity & Resilience	L		Jill Hewlett
2305	1:00PM	2:30PM	Navigating Peri-Menopause and Menopause: Be Ready!	L		Kelly Nolan
2315	1:00PM	2:30PM	Most Common Older Adult Injuries	W/S		Dr. Ken Kinakin
2317	1:00PM	2:30PM	Flat Feet! How Our Foundation Affects Function	W/S	<b>NABOSO</b>	Dr. Emily Splichal
2320	1:00PM	2:30PM	May Your Cup Floweth Over: What's YOUR capacity for Healing?	L		Kennedy Lodato
2324	1:00PM	2:30PM	Programming Shortcuts for Improved Client Recovery	W/S		Simon Paige
2405	3:00PM	4:30PM	Injuries: Why They Happen and What to Do	L		Dr. Joel Kerr
2415	3:00PM	4:30PM	Upper Cross Syndrome	W/S		Dr. Ken Kinakin
2416	3:00PM	4:30PM	Forever Young: Exercise Prescription for the Older Athlete	W/S		Marcie Lynne
2422	3:00PM	4:30PM	Training Your C-Section Client: From Surgery to Sport	W/S		Janette Yee
2428	3:00PM	4:30PM	Breathing for Performance	W/S		Ben McDonald