

EXPO SCHEDULE

9:00 - 9:30 a.m.

Hiking Trails Open

FOUNDATION TRAINING, Amy Vipond, LPTA Fitness Classroom B

LABYRINTH - WALKING MEDITATION, Elizabeth Fergus-Jean, MFA, PhD Winter Garden - Outside

9:30 - 10:00 a.m.

PRESENTATION

RECOVERY SUPPORT & RESOURCES, Tory Werth and Tom McHale, NMSAS Recovery Center

YOGA, Mary Reilly Fitness Classroom A

FOUNDATION TRAINING, Amy Vipond, LPTA Fitness Classroom B

LABYRINTH - WALKING MEDITATION, Elizabeth Fergus-Jean, MFA, PhD Winter Garden - Outside

LESSONS FROM AN ATHLETIC TRAINER - Is Stretching or an Active Warm-Up Better Before Your Activity, Lindsey Griffes, M.Ed, ATC, Northern Michigan Sports Medicine Center Grand Fireplace Room

10:00 - 10:30 a.m.

PRESENTATION

VAPING: WHAT YOU NEED TO KNOW, Tpr. Corey Hebner, Michigan State Police and Amy Socolovitch, McLaren Northern Michigan

YOGA, Mary Reilly Fitness Classroom A

FOUNDATION TRAINING, Amy Vipond, LPTA Fitness Classroom B

LABYRINTH - WALKING MEDITATION, Elizabeth Fergus-Jean, MFA, PhD Winter Garden - Outside

LESSONS FROM AN ATHLETIC TRAINER - Importance of Cross Training for All Sports, Lindsey Griffes, M.Ed, ATC, Northern Michigan Sports Medicine Center Grand Fireplace Room

CROSSFIT CHALLENGE, CrossFit Petoskey Base of Ski Slopes - Outside

10:00 a.m. - 1:00 p.m.

RESISTANCE BASE RELEASE, Brian Whitehead, *Sign up for a 10 minute session in the Fitness Classrooms*

10:30 - 11:00 a.m.

PRESENTATION

THE OPIOID CRISIS, Tpr. Corey Hebner, Michigan State Police

YOGA, Mary Reilly Fitness Classroom A

FOUNDATION TRAINING, Amy Vipond, LPTA Fitness Classroom B

LABYRINTH - WALKING MEDITATION, Elizabeth Fergus-Jean, MFA, PhD Winter Garden - Outside

11:00 - 11:30 a.m.

PRESENTATION

WOMEN'S HEALTH, Carolyn Wiese, PA-C, McLaren Mitchell Park Family Medicine

FOUNDATION TRAINING, Amy Vipond, LPTA Fitness Classroom B

LABYRINTH - WALKING MEDITATION, Elizabeth Fergus-Jean, MFA, PhD Winter Garden - Outside

CROSSFIT CHALLENGE, CrossFit Petoskey Base of Ski Slopes - Outside

11:30 a.m. - 12:00 p.m.

LUNCH, provided by Nub's Nob, from 11:30 a.m. - 1:00 p.m.

PRESENTATION

FIRST AID: BEE STINGS & TICKS, Randy Weston, Emmet County EMS

LABYRINTH - WALKING MEDITATION, Elizabeth Fergus-Jean, MFA, PhD Winter Garden - Outside

12:00 - 12:30 p.m.

PRESENTATION

HEIMLICH MANEUVER DEMONSTRATION, Amy Socolovitch, McLaren Northern Michigan

FOOD DEMONSTRATION, Grain Train Grand Fireplace Room

LESSONS FROM A PT: A Strong Neck as a Firm Foundation of Stability, Trevor Nelson, DPT, McLaren Northern Michigan Grand Fireplace Room

12:30 - 1:00 p.m.

LESSONS FROM A PT: A Strong Back for Lifting, Trevor Nelson, DPT, McLaren Northern Michigan Grand Fireplace Room

1:00 - 1:30 p.m.

PRESENTATION

STROKE EDUCATION, Elaine Siwec, Neurology Nurse Clinician at McLaren Northern Michigan

SOUND HEALING & GUIDED MEDITATION, Tiffany Lenau Fitness Classroom A

LESSONS FROM A PT: Strong Legs for Running/Jumping, Trevor Nelson, DPT, McLaren Northern Michigan Grand Fireplace Room

CROSSFIT CHALLENGE, CrossFit Petoskey Base of Ski Slopes - Outside

1:30 - 2:00 p.m.

JAZZERCISE, Andrea Cherry Fitness Classroom B

LESSONS FROM A PT: Strong Arms for Throwing, Trevor Nelson, DPT, McLaren Northern Michigan Grand Fireplace Room

2:00 - 2:30 p.m.

PRESENTATION

A HOLISTIC LOOK AT PHYSICAL WELLNESS, Trevor Nelson, DPT, McLaren Northern Michigan

SOUND HEALING & GUIDED MEDITATION, Tiffany Lenau Fitness Classroom A

CROSSFIT CHALLENGE, CrossFit Petoskey Base of Ski Slopes - Outside

2:00 - 3:30 p.m.

GRASTON TECHNIQUE® THERAPY, Amy Ray, PT *Sign up for a 10 minute session* Fitness Classroom B

RESISTANCE BASE RELEASE, Brian Whitehead, *Sign up for a 10 minute session in the Fitness Classrooms*

2:30 - 3:00 p.m.

PRESENTATION

BALANCE SAFETY & FALL PREVENTION, Lindsay DeCoster, RN, McLaren Acute Rehab Program. *Optional Fall Risk Assessments with a Physical Therapist following presentation.*

FOOD DEMONSTRATION, Grain Train Grand Fireplace Room

**Schedule and offerings are subject to change.*