



# AGENDA

## EnhanceFitness Annual Meeting

June 16, 2015

Lansing Community College West Campus

10:30 a.m. – 3:30 p.m.

**10:00 – 10:30 a.m.      Registration and Continental Breakfast**

**9:00 – 10:30 a.m.      Coordinators Meeting**  
*(By invitation only)*

**10:30 a.m.              Welcome and Introduction**  
Judi Lyles, Michigan Arthritis Program

**MI EnhanceFitness Updates**  
Candice Lee, Michigan Arthritis Program

**News from Senior Services**  
Paige Denison, Senior Services, Seattle WA

**Strength Training Refresher/Q & A**  
Andi Crawford, Move It Media

**12:30 pm                Lunch and Networking**

**1:30 p.m.                Refreshing Your Skills: Cardio Part I**  
Andi Crawford, Move It Media

**2:30 p.m.                Break**

**2:45 p.m.                Refreshing Your Skills: Cardio Part II**  
Raymond DeFoe, Detroit  
Julie Ebenstein, Comstock Park  
Gretchen Pouliot & Barb Fish, Kalamazoo

**3:30 p.m.                Wrap-up & Adjourn**

*Funding for this conference was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily do not reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*