



# AGENDA

## Enhance®Fitness Annual Meeting

Thursday June 22, 2017 - Lansing Community College West Campus – 10:30 a.m. – 3:30 p.m.

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| <b>10:00 – 10:30 a.m.</b> | <b>Registration and Continental Breakfast</b>  |
| <b>10:30 a.m.</b>         | <b>Welcome and MI Enhance®Fitness Update</b><br>Michigan Arthritis Program   |
| <b>10:45 a.m.</b>         | <b>Fit Checks</b><br>Jen Nicodemus, Michigan Alliance of YMCAs<br>Lesley Kovacs, Grand Traverse Bay YMCA<br>Melissa Wikman, Muskegon YMCA<br>Michelle Blanchett, Monroe Family YMCA<br>Alison Bradow, YMCA of Metropolitan Lansing |
| <b>11:15 a.m.</b>         | <b>You can't make this stuff up: handling awkward situations</b><br>Lora Underwood, National Kidney Foundation of Michigan   |
| <b>11:45 a.m.</b>         | <b>Lunch and Networking</b>  |
| <b>12:45 p.m.</b>         | <b>Working more balance into your class</b><br>Paul Clark, Gail Turner, National Kidney Foundation of Michigan   |
| <b>1:15 p.m.</b>          | <b>Inclusive Fitness</b><br>Jennifer Harvey, Esther Nichols, National Kidney Foundation of Michigan  |
| <b>1:45 p.m.</b>          | <b>Regional Group Exercise</b>   |
| <b>2:15 p.m.</b>          | <b>Break</b>   |
| <b>2:30 p.m.</b>          | <b>Refreshing Your Skills: Cardio</b><br>Dwayne Clemons, National Kidney Foundation of Michigan<br>Stephanie Putansu, Mecosta County Senior Center<br>Beverly Robinson, Milan Seniors for Healthy Living                           |
| <b>3:30 p.m.</b>          | <b>Wrap-up &amp; Adjourn</b>   |

**9:00 – 10 a.m.**

**Coordinators pre-meeting**

*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 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.*