

AGENDA



Enhance® Fitness Annual Meeting

Wednesday June 8, 2016 - Lansing Community College West Campus – 10:30 a.m. – 3:30 p.m.

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| 10:00 – 10:30 a.m. | Registration and Continental Breakfast |
| 10:30 a.m. | Welcome and Introduction
Judi Lyles, Michigan Arthritis Program |
| 10:45 a.m. | MI EnhanceFitness Updates
Candice Lee, Michigan Arthritis Program |
| 11:00 a.m. | Credentialing and Certification: What changed?
Jen Nicodemus, Michigan Alliance of YMCAs |
| 11:30 a.m. | Physical Activity Break
Kristie King, National Kidney Foundation of Michigan |
| 11:45 a.m. | Regional Meetings |
| 12:30 p.m. | Lunch and Networking |
| 1:15 p.m. | Strength Training Refresher/Q & A
Small groups – Master Trainers |
| 1:45 p.m. | Refreshing Your Skills: Cardio Part I
Julie Ebenstein, Senior Neighbors
Lora Underwood, National Kidney Foundation of Michigan
Shawn Sredersas, Mecosta County Senior Center |
| 2:30 p.m. | Break |
| 2:45 p.m. | Refreshing Your Skills: Cardio Part II
Colleen Pace, National Kidney Foundation of Michigan |
| 3:30 p.m. | Wrap-up & Adjourn |

9:00 – 10 a.m.	Coordinators pre-meeting
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