

Reignite



PD Day Schedule Wednesday, May 10, 2017

8:00 – 8:30	Registration/Continental Breakfast
8:30- 8:40	Welcome/Housekeeping/Cougar Athletics
8:40-8:50	Icebreaker
8:50-9:00	MRSA President – Baset Zarrug
9:00-10:30	Key Note #1: Joyce Sunada – “Reignite Your Wellness – Reignite Your Community”
10:30-10:45	Break
10:45 – 11:45	Key Note #2: Chelsey Love – “10 Essential Health Habits for Energy, Productivity and Wellness”
11:45 – 12:45	Lunch
12:45-1:00	Check in: Door Prizes (must be in attendance)
1:00-1:15	MRU President – David Docherty, PhD
1:15 – 2:45	Key Note #3: Stuart Ellis Myers – “Unstoppable! More Community! More Resiliency! More Wellness!!!
2:45-3:00	BREAK/ Door Prizes Please put your name tag into the final door prize draw box at this time
3:00-3:30	Key Note #4: Loose Moose Improv - “The Impro Show”
3:30-4:00	Closing/Door Prizes