

## **Wednesday, Oct 10, 2018**

5:00-9:00 Registration and Information  
7:00-9:00 Opening Reception and Awards

## **Thursday, Oct 11, 2018**

6:30-7:30 Mornings in Motion (Run, Walk, Yoga)  
7:00-5:00 Registration and Information  
7:30-8:30 Breakfast  
7:30-8:30 Newcomers' Coffee Hour and Orientation  
8:45-10:00 Welcome and Keynote 1  
10:30-11:45 Session 1  
12:00-1:15 Session 2  
1:00-2:00 Engagement Hour  
1:00-3:00 Afternoon Snacks  
2:00-3:15 Session 3  
3:30-4:45 Session 4  
5:00-6:15 Session 5  
6:30-9:00 Affiliate Meetings

## **Friday, Oct 12, 2018**

6:30-7:30 Mornings in Motion (Run, Walk, Yoga)  
7:30-8:30 Breakfast  
8:00-5:00 Registration and Information  
9:00-10:00 Keynote 2  
10:30-11:45 Session 6  
12:00-1:15 Session 7  
1:00-3:00 Afternoon Snacks  
1:45-3:00 Session 8  
3:15-4:30 Session 9  
4:00-5:00 Engagement Hour  
4:45-6:00 Session 10

## **Sat, Oct 13, 2018**

6:30-7:30 Mornings in Motion (Run, Walk, Yoga)  
7:30-8:30 Breakfast  
8:00-12:00 Registration and Information  
8:45-10:00 Session 11  
10:15-11:30 Session 12  
11:45-1:00 Session 13  
12:00-2:00 IWCA Board Meeting  
1:15-2:30 Session 14  
2:45-4:00 Session 15