



MOVECON 2020

A Virtual Experience | November 21-22

Date:	Time:	Topic:	Speaker Name:
Friday, November 20	7:00 PM	MOVECON Virtual Social Event - Epic 80's Dance Party <i>Zoom link: https://us02web.zoom.us/j/89565963387</i>	MoveCamp Coaches led by Rachelle Bain at Soul Fuel Fitness
Saturday, November 21 <i>Zoom link: https://us02web.zoom.us/j/89512045116</i>	8:30 AM	MoveCamp Fitness workout	Lydia and Jay
	9:00 AM	Committed to Keeping Canadians Healthy	Mia St-Aubin
	9:15 AM	Embrace The Challenge	Josh Cassidy
	10:00 AM	Channel Your Inner Olympian - Helping You Shift Your Mindset for Greater Impact	Segun Makinde
	10:45 AM	Pelvic Floor & Core 101: What All Women Need to Know	Nikki Bergen
	11:30 AM	Dream Catching - Dreams Do Come Through	Trevor Sanipass
	12:15 PM	Shadow Boxing Workout	Sarah Boyd
	12:45 PM	Everyday Eats - Uncomplicated Recipes for Time-Starved Healthy Eaters	Selina Rose
	1:30 PM	Finding Homeostasis - The Ayurvedic Approach to Mind-Body Health	Nidhi Pandya
	2:15 PM	10 Health Hacks You Are Most Likely Missing On	Dr. Nathalie Beauchamp
3:00 PM	The Questions that Guide Us (and the 3 Ps to Getting Everything You Want in Life)	Dai Manual	
3:45 PM	Full Body Stretch - Restore & Relax Workout	Jessica Chiarello	
Sunday, November 22 <i>Zoom link: https://us02web.zoom.us/j/89512045116</i>	9:00 AM	MoveCamp Fitness Workout	Lydia and Maggie
	9:30 AM	Train Your Brain Like An Olympian	Jean Francois Menard
	10:15 AM	Embracing Change - Strategies to Train your Inner Voice!	Manali Scott
	11:00 AM	The Lotus Movement Foundation & Maternal Mental Health	Meenakshi & Sana
	11:45 AM	TruLocal - Access to Local Meat Products No Matter Where You Live	Greg Quaile
	12:30 PM	Why Diversity and Inclusion Matters in the Health and Wellness Space	Ro Nwosu
	1:15 PM	A Practice of Gratitude - Stretch and Meditation Session	Vanessa Schneider
	1:45 PM	Prize Announcements, Surprises and Thank You's	Mia St-Aubin and Samantha Moonsammy Gordon