

Saturday April 13th (10:00am - 5:30pm)	Sunday April 14th (9:00am - 12:00pm)
<p>10:00 - 10:45: Dr. Cara Ewert</p> <ul style="list-style-type: none"> - Coping with Stress and Anxiety Disorders - Detecting Depression in Teammates <p>10:50 - 11:35: Mia Harris</p> <ul style="list-style-type: none"> - The Fundamentals of Healthy Eating - Recovering Faster from Workouts <p style="text-align: center;"><i>SNACK BREAK (11:35-11:45)</i></p> <p>11:45 - 12:30: Lindsay Brooke</p> <ul style="list-style-type: none"> - Motivation: Climbing the Mountain <p>12:35-1:20: National Team Members</p> <p style="text-align: center;"><i>LUNCH (1:30pm - 2:15pm)</i> <i>in Multipurpose Room</i></p> <p>2:15-3:00: Steph Galitzine</p> <ul style="list-style-type: none"> - <i>I Am Strong</i> Initiative: Improving Self-Esteem Through Positive Fitness Experiences <p>3:05-3:40: Alison Quinlan</p> <ul style="list-style-type: none"> - Mental Performance: Goal Setting and Navigating Challenges <p>3:45 - 4:30: National Team Members</p> <p style="text-align: center;"><i>NATIONAL TEAM MEMBER MEET & GREET</i> <i>(4:30-5:30 pm)</i></p>	<p>9:00 - 9:45: Steph Galitzine</p> <ul style="list-style-type: none"> - Overcoming Failure in Sport <p>9:45 - 10:30: Jennifer Sobkin</p> <ul style="list-style-type: none"> - Pre-Workout and Post-Recovery Nutrition <p>10:30 - 11:15: Dr. Lara Lauzon</p> <ul style="list-style-type: none"> - <i>For the WELLth of It</i> Personal Wellness Model <p>11:15 - 12:00: National Team Members</p>