



WELLNESS BY DESIGN

This exciting one-day event will highlight **National best practices** and physical activity programs for older adults. Conference workshops will offer practical tools along with ample networking opportunities for professionals committed to optimizing independence, functioning, and mobility among older adults.

SCHEDULE

8:15-9:00 am	Registration, Healthy Breakfast, and Networking
9:00-10:00 am	Keynote Motivating Older Adults to Engage in Physical Activity <i>Debra Rose, Ph.D, Center for Successful Aging and California State University at Fullerton</i>
10:00-10:05 am	Physical Activity Break
10:15-11:00 am	Breakout Session A
11:00-11:15 am	Break
11:15 am-Noon	Breakout Session B
Noon-1:30 pm	Healthy Lunch and Poster Presentations
1:30-2:15 pm	Breakout Session C
2:15-2:25 pm	Break
2:25-2:30 pm	Physical Activity Break
2:30-3:30 pm	General Session Community-wide Strategies for Increasing Physical Activity Programs <i>Tamar Semerjian, Ph.D, San Jose State University</i> <i>Dan McClure, M.A., ACSM/HFI, Generations Community Wellness</i> <i>Lori Andersen, MPA, Health Trust</i> <ul style="list-style-type: none"> ▪ Announce Health Trust Physical Activity Grants Program ▪ Distribute Best Practices Compendium
3:30 pm	Closing