

**Southeastern Hospital Health & Fitness Alliance  
2010 Conference Schedule  
Sheraton Chapel Hill Hotel  
Chapel Hill, North Carolina**

**Wednesday, May 12**

6:00-10:00 am	Vendor Set-up
9:00 am	Pre-Conference Activities: Golf Outing, UNC Campus Tour/Walk (1-2 mi), UNC Campus Run (3-5 mi), Mountain Biking
9:00-2:00 pm	Conference Registration
1:00-4:00 pm	Pre-Conference Program: Clinical Assessment of Faulty Movement Patterns and Intervention Strategies-UNC Biomechanics Lab, NASM-accredited presentation
3:00 pm	Sheraton Chapel Hill Hotel Check in
4:00-5:30 pm	Conference Registration
6:30-8:00 pm	Ice Breaker Social-Carolina Brewery, Dinner on your own

**Thursday, May 13**

6:30-7:30 am	Early Bird Workout with Vendors
8:00-9:00 am	Visit with the Vendors and Conference Registration
9:00-9:15 am	Welcome & Conference Announcements
9:15-10:15 am	Breakfast & Keynote Speaker: Eric Montross-UNC Basketball Player 1990-1994, NBA Player 1994-2002
10:15-10:30 am	Visit the Vendors
10:30-12:30 pm	Breakout Session: Exercise and Cancer with Dr. Claudio Battaglini
10:30-12:30 pm	Breakout Session: Maximizing Aquatic Programming Panel-Masters Swim, Open Water Swimming, Freestyle Clinics, Aquatic Rehabilitation, Group Exercise Programming with UNC Wellness Center and UNC Physical Therapy Staff
12:30-1:30 pm	Lunch
1:30-3:30 pm	Breakout Session: Weight Management and Disordered Eating with Dr. TJ Raney
1:30-2:30 pm	Breakout Session: Benchmarking with Neil Byrd
2:30-3:45 pm	Visit the Vendors
3:45 pm	UNC Wellness Center Site Visit and workouts
6:30-8:00 pm	Conference Social-Spanky's Restaurant & Bar, Dinner on your own

**Friday, May 14**

7:00-8:00 am	Not-so-Early Workout with Vendors
7:30-9:00 am	Visit the Vendors
9:00-10:00 am	Round Table Discussion
9:00-10:00 am	Breakout Session: Your Professional Image with Bev Dwane
10:30-11:30 am	Sponsored Motivational Speaker: UNC Men's Head Soccer Coach Elmar Bolowich
11:30-12:00 pm	Final Conference Announcements & SEHFA Business
12:00 pm	Hotel Check out