

From: **Janice Jaicks** info@fitnessfest.org  
Subject: Gain Knowledge to Save Lives!  
Date: October 20, 2017 at 1:35 PM  
To: billmcbride@bmc3.com

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*Gain Knowledge to Change Lives!*



**Registration is OPEN for  
Medical Fitness Tour: Phoenix, AZ  
February 2-4, 2018 at Ability360**

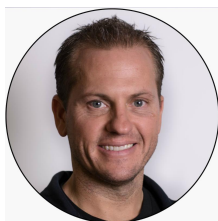
The Medical Fitness Tour offers fitness and allied health professionals an opportunity to grow their knowledge in the field of medical fitness.

Join us for three days of educational sessions presented by industry experts that cover an array of medical fitness and aging topics. Earn continuing education credits and network with presenters, vendors, and your peers!

**Save NOW with Early Bird Pricing!  
Ends 10/31/17**

**REGISTER NOW**

# SESSION SCHEDULE



**February 2, 2018      Pre-Conference**  
**TriggerPoint™ Level 1 Foam Rolling: Principles & Practice**

Presented by Kyle Stull, Senior Manager of Research and Program Design for Impluse Fitness and Faculty Instructor for the National Academy of Sports Medicine



**February 2, 2018      Pre-Conference**  
**Cancer Exercise Specialist: Pilates Mat Training**

Presented by June Kahn, Pilates Rehab Instructor & Internationally Recognized Fitness Educator



**February 3, 2018      Main Event**

**The Evolution of the Fitness Industry**

Presented by Bill McBride, President & CEO of Active Sports Clubs and Active Wellness, LLC



**Exercise Assessment & Program Design for Preventing Falls**

Presented by Christian J. Thompson, PhD, Associate Professor of Kinesiology at USF



**Fitness Tools for Baby Boomers**

Presented by Gretchen Zelek, Founder of DOD Fitness and Certified Functional Aging Specialist



**Everyday Health & Fitness with Multiple Sclerosis**

Presented by David Lyons, Founder of the MS Fitness Challenge



**Developing Evidence-Based, Pressure-Tested**



## **Programs for Your Hypertensive Clients**

Presented by Cedric X. Bryant, PhD, Chief Science Officer at the American Council on Exercise (ACE)



## **February 4, 2018      Main Event** **Healthcare & Fitness: Harnessing the Power of Partnership**

Presented by Lindsay Vastola, Editor of PFP Media



## **Your Brain on Exercise - Critical!**

Presented by June Chewning, President of Fitness Learning Systems



## **The Medical Fitness Impact Plan: How to Reverse Chronic Disease & Degeneration while Building Your Bottom Line**

Presented by JR Burgess, CEO of Rejuv Medical



## **Gaining Bone Health through Exercise & Nutrition**

Presented by Mark Kelly, PhD, CEO of Principle Centered Health



## **Health Engagement Science & Technology: Optimize Care for the 21st Century**

Presented by Steve Feyrer-Melk, MEd, PhD, Chief Science Office at Nudge Coach

**ENJOY TWO CATERED LUNCHESES, VENDOR EXPO, & MEET & GREET MIXER -- ALL INCLUDED!**

# REGISTER NOW

[www.MedicalFitnessTour.org](http://www.MedicalFitnessTour.org)

a FitnessFest & Fitness Event Strategy Team project

FitnessFest Conference & Expo, 663 W. 2nd Ave., Ste. 14, Mesa, AZ 85210

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