JUNE 4, 2014
EXERCISE PRESCRIPTION AND NUTRITION
Program Agenda

8:00- 8:30 AM  Registration and Breakfast

8:30- 8:50 AM  Introduction to the Day, Concepts of Exercise and Nutrition
J’Aimee Lippert, DO, Lecture Hall (E-109)

9:00-11:00 AM  Group A
Exercise Prescription Workshop
Brumm OMM lab (across the hall from lecture hall)
Amber Gruber, DO, Steve Goldman, DO, FAAO, and Darren Grunwaldt, DO

Group B
Exercise Prescription Workshop
D-9 (downstairs, follow signs)
Amelia Bueche, DO, Paul Dyball, DO, and Adam Kilkenney, DO

Groups C and D
Nutrition/Balance Retraining Workshops
Lecture Hall (E-109)
J’Aimee Lippert, DO, and Laura Tinning, DO

11:00- 11:15 AM  Break and Snacks

11:15- 1:15 PM  Group C
Exercise Prescription Workshop
Brumm OMM lab (across the hall from lecture hall)
Amber Gruber, DO, Steve Goldman, DO, FAAO, and Darren Grunwaldt, DO

Group D
Exercise Prescription Workshop
D-9 (downstairs, follow signs)
Amelia Bueche, DO, Paul Dyball, DO, and Adam Kilkenney, DO

Groups A and B
Nutrition/Balance Retraining Workshops
Lecture Hall (E-109)
J’Aimee Lippert, DO, and Laura Tinning, DO

1:15- 2:15 PM  Lunch and Graduation

Many thanks to Drs. Bueche, Dyball, Goldman, Gruber, Grunwaldt, Kilkenney, and Tinning for presenting and leading workshops, and to FM/NMM and NMM residents from Botsford, Metro, and Mercy for table training!