

**GENERAL SCHEDULE**  
**SHAPE Michigan Convention**  
**November 7-9, 2019**  
**Lansing Center, Lansing MI**

**(Schedule changes will be posted near the Convention Registration Desk)**

**Registration Hours**

Wednesday	7:00pm-9:00pm
Thursday	11:00am-5:00pm
Friday	8:00am-5:00pm
Saturday	8:00am-12:00pm

**Exhibit Hours**

Thursday	11:00am-5:00pm
Friday	8:00am-5:00pm

---

**THURSDAY**

11:00am – 5:00pm	Plyoga
11:00am – 5:00pm	Exhibitors Open
12:00pm – 5:00pm	WORKSHOPS & SESSIONS
5:30pm	<b>Awards Social</b>
6:00pm	<b>Awards Ceremony</b>
8:00pm	<b>Representative Assembly</b>

**FRIDAY**

7:30am	HITT Workout
8:00am – 10:00am	Continental Breakfast
9:00am— 10:00am	WORKSHOPS & SESSIONS
10:15am—11:15am	<b>KEYNOTE SPEAKER – Dr. Debra Berkey</b>
11:30am—12:30pm	WORKSHOPS & SESSIONS
12:30pm—1:30pm	Lunch
1:30pm—2:30pm	<b>Featured Speaker – Penny Koenig</b>
1:30pm – 5:00pm	WORKSHOPS & SESSIONS
6:00pm	Presidential Social

**SATURDAY**

8:30am – 12:00pm	WORKSHOPS & SESSIONS
12:00pm	SCECH Completion
12:30pm	Leadership Development SHAPE Michigan Board Meeting