



**MoveCon 2019**  
**Feel Good. Live Better.**  
**9am-3:30pm**

**Ottawa Art Gallery**  
**50 Mackenzie King Bridge,**  
**Ottawa,**  
**ON K1N 0C5**  
**3rd Floor**

8:30am	REGISTRATION
9:00am	<b>MoveCamp</b> Movement Session
9:30am	Refreshments

10:00am	MoveCollective Founder opening remarks
10:15am	Keynote Speaker: Sarah Wells of the Believe Initiative <b>"Making The Impossible Probable"</b>
11:30am	Keynote Speaker: Brenda Davis of Brenda Davis RD <b>"Unleashing the Power of Plant-based Diets"</b>
12:30pm	Keynote Speaker: Tony Greco of Greco Lean & Fit <b>"Who You Are! And What You Want!"</b>
1:00pm	LUNCH
2:00pm	Keynote interview with Alain Menard & The Green Beaver Company
2:30pm	Keynote Speaker: Joy McCarthy of Joyous Health <b>"Aging Beautifully"</b>
3:15pm	Closing remarks *Swag bag pick up