

TAKE CHARGE Program

Friday, May 20 & Saturday, May 21



PLEASE NOTE: ALL TIMES ARE EASTERN!

FRIDAY

6:00 – 8:15 PM	Welcome, Trivia, & Why Are You Here?
----------------	---

SATURDAY

10:30 - 10:55 AM	Welcome Back			
11:00 – 11:55 AM	Mood & Cognition TEAM 1 TEAM 5	Movement & Daily Activity TEAM 2 TEAM 6	Relationships & Communication TEAM 3 TEAM 7	Nutrition TEAM 4 TEAM 8
12:00 – 12:55 PM	Mood & Cognition TEAM 4 TEAM 8	Movement & Daily Activity TEAM 1 TEAM 5	Relationships & Communication TEAM 2 TEAM 6	Nutrition TEAM 3 TEAM 7
1:00 – 1:30 PM	LUNCH			
1:30 – 2:25 PM	Mood & Cognition TEAM 3 TEAM 7	Movement & Daily Activity TEAM 4 TEAM 8	Relationships & Communication TEAM 1 TEAM 5	Nutrition TEAM 2 TEAM 6
2:30 – 3:25 PM	Mood & Cognition TEAM 2 TEAM 6	Movement & Daily Activity TEAM 3 TEAM 7	Relationships & Communication TEAM 4 TEAM 8	Nutrition TEAM 1 TEAM 5
3:30 – 3:45 PM	BREAK			
3:45 – 4:40 PM	Participant Group Workshops - ALL TEAMS			
	Support Partner Workshop <i>(Support Partners are asked to join independently on their own device)</i>			
4:45 – 5:00 PM	Program Wrap-Up			

