



Agenda - YAX F iT!

Date: April 1, 2023

Time: 10a-4p

Location: Thompson Conference Center, UT Austin

8:00a Robert, Susan and Vendors arrive

9:45 a doors open - guests meet sponsors on entry

10a program begins - thank sponsors - Robert & Susan welcome guests, group warmup

10:15a - 10:55a Presentation

10:55 - 11:05 - Break #1 - visit with sponsors

11:05a - 11:15a 413 Fitness presentation

11:15a - 12 noon Interactive Playshop + Storytelling

12 noon lunch break - guests mingle with sponsors, silent auction reminder

12:45p reconvene - warm up with active guest presentation #2 (TBD)

12:55p group improv game

1:00p Screening Boys of Summer: Short Stop

2:00p - Q&A

2:15 Final games - storytelling

2:30 - Break visit with sponsors

3:00p - 4:00p improvisation showcase - professional improvisers from ComedySportz Austin will share the stage with people with PD

4:00p thank you

We expect a minimum of 100 guests.

Please contact Robert Cochrane, CEO of Yes, And...eXercise! - a non-profit 501(c)3 organization, with any questions: 702-575-8841