

	Mon 13 Aug	Tues 14 Aug	Wed 15 Aug	Thurs 16 Aug	Fri 17 Aug
Themed Days (One day Delegates)		Well-being, Quality of Life and Cognitive Function	Falls and Fractures / Balance and Bone Health	Neurological and Musculoskeletal Conditions	Cardiovascular and Respiratory Conditions
07:00-09:00		Optional Morning Workout, Exhibition & Experience Zone	Optional Morning Workout, Exhibition & Experience Zone	Optional Morning Workout, Exhibition & Experience Zone	Optional Morning Workout, Exhibition & Experience Zone
09:00-10:00	Satellite Meetings	Keynote Address (Activity, Wellbeing & Quality of Life)	Keynote Address (Exercise/PA, Falls and Bone Health)	Keynote Address (Exercise management and prevention of Neurological and Musculoskeletal Conditions)	Keynote Address (Management and prevention of Cardiovascular and Respiratory Conditions)
10:00-10:30		Activity Demonstration	Activity Demonstration	Activity Demonstration	Activity Demonstration
10:00-11:30	Registration Open Satellite Meetings	Keynote Address (Exercise and prevention and management of Dementia)	Keynote Address (Promoting and Marketing Exercise to Seniors)	Keynote Address (New technologies to engage older adults in activity)	Keynote Address (Sedentary Behaviour - new insights)
11.30-12:00		Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits
12:00-13:30	Registration Open Satellite Meetings	Frailer Older People Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Frailer Older People Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Frailer Older People Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Frailer Older People Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands
13:30-14:30	Opening Ceremony, Welcome Address, Activity Demonstration	Lunch/Posters/Exhibits Experience Zone	Lunch/Posters/Exhibits Experience Zone	Lunch/Posters/Exhibits Experience Zone	Lunch/Posters/Exhibits Experience Zone
14:30-16:00	Keynote Address (Longevity and Activity), Activity Demonstration	Transitional Phase Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Transitional Phase Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Transitional Phase Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Entering Old Age & Transitional Phase Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands
16:00-16:30	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits
16:30-18:00	Keynote Address (Exercise Guidelines for Older People), Activity Demonstration	Entering Old Age Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Entering Old Age Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Entering Old Age Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Activity Demonstration, Closing Ceremony, Announcement of 2016 Congress
18:00-19:30	Time Out	Time Out	Time Out	Time Out	Home
19:30-22:00	Conference Dinner /Celidh (optional)	Conference Opening Event & Award Ceremony	Social Events (optional)	Social Events (optional)	