

Maine Harvard Prevention Research Center

9th Annual Workshop

Your Brain on Exercise!

Change the way you think about exercise and for that matter the way you think.

November 12, 2009

Agenda

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| 8:00-8:30 | Registration |
| 8:30-8:45 | Welcome & Purpose of the Day
Karen O'Rourke, MPH, Maine Center for Public Health
David Crawford, MPH, Maine CDC |
| 8:45-9:45 | Keynote speaker – Dr. John Ratey Harvard Medical School |
| 9:45-10:00 | Q&A |
| 10:00-10:15 | Maine Response Panel
Michael Wilhelm, Superintendent of Schools M.S.A.D. 75
Stephen Meister MD, Medical Director Family Health Division-Maine CDC |
| 10:15-10:30 | Take Time Break |
| 10:30-11:30 | Examples from the Field
Anthony Anderson, School Health Coordinator, RSU11
Shelly Simpson, Principal, Pittston Community School
Heather Henry, School Health Coordinator, Union 106
MaryEllen Schaper, PE Teacher, Bonny Eagle Middle School |
| 11:30 | Lunch |
| 12:30-1:15 | NASPE Guidelines—Science Behind the Recommendations
Charlene Burgeson Executive Director NASPE |
| 1:15-1:35 | PE4ME Recommendations
David Crawford, MPH, Program Manager, MaineCDC |
| 1:35-2:00 | PE Legislation—Representative Seth Berry |
| | Stretch |
| 2:00-2:30 | Advocating for Change Dennise Whitley, Director of Advocacy, AHA
Anna Moorman, Obesity Grassroots Coordinator, HPP |
| 2:30-2:45 | Final Comments from Dr. Ratey |
| 2:45-3:00 | Closing |