Your Brain on Exercise!
Change the way you think about exercise and for that matter the way you think.

November 12, 2009
Agenda

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