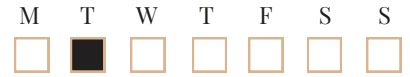


Daily NNPS Planner

Rocky Mountain Wellness Retreat

July 16, 2024



Schedule

6:30
7:00
7:30
8:00 - Retreat Registration & Complimentary Continental Breakfast
8:30 - Shuttle Departure from Keystone Conference Center to Keystone Ranch
09:00 - Self-Care and Building the Life We Want
09:30
10:00
10:30 - Beverage Break - complimentary
11:00
11:30
12:00 -Lunch - complimentary
12:30
13:00 - Wellbeing Seminar
13:30
14:00
14:30 - Beverage Break - complimentary
15:00
15:30 - Movement Break
16:00
16:30 - Shuttle from Keystone Ranch to a wagon ride, dinner, and a bonfire for an evening of networking.
17:00
17:30
18:00
18:30

Notes

Rate The Day: **1 2 3 4 5**
From 1 being the worst
to 5 being the best 😊

Water Intake: 🍷🍷🍷🍷🍷🍷🍷

Daily NNPS Planner

Symposium Registration & Sessions

July 18, 2024

M T W T F S S

Schedule

6:30

7:00

- Symposium Registration
- The Hub Opens with complimentary food & beverages
- Morning on the Mountain Stretch & Walk - optional, non-certified

7:30

8:00 - Educational Sessions

8:30

09:00

09:30 - Keynote Address & Awards Ceremony

10:00

10:30

11:00 - Luncheon Sessions - optional, non-certified

11:30

12:00

12:45 - Condition / Treatment Showcase

13:00

13:30

14:00 - Educational Sessions

14:30

15:00

15:30

16:00 - Educational Sessions

16:30

17:00

17:30 - Opening of Exhibits and Colorado Mixer Reception

18:00

18:30

Notes

Rate The Day:

1 2 3 4 5

From 1 being the worst to 5 being the best



Water Intake:        

Daily NNPS Planner

Symposium Registration & Sessions

July 19, 2024

M T W T F S S

Schedule

6:30

7:00
- Symposium Registration
- The Hub Opens with complimentary food & beverages
- Morning on the Mountain Stretch & Walk - optional, non-certified
- Posters on Display

7:30

8:00 - Educational Sessions Start

8:30

09:00 - Exhibits Open

09:30

10:00 - Educational Sessions

10:30

11:00

11:30 - Lunch Served in the Exhibit Hall - Complimentary

12:00

12:45

13:00 - Challenges in Care Panel - Optional

13:30

14:00

14:45 - Educational Sessions

15:00

15:30

16:00 - Educational Sessions

16:30

17:00

17: 15 - Authors Present Posters

18:00 - Twilight's Highlights - Complementary Entertainment by Gandy Dancers

18:30

Notes

Rate The Day:
From 1 being the worst
to 5 being the best 😊

1 2 3 4 5

Water Intake: 

Daily NNPS Planner

Symposium Registration & Sessions

July 20, 2024

M T W T F S S

Schedule

- 6:30**

- 7:00**
 - Symposium Registration
 - The Hub Opens with complimentary food & beverages
 - Morning on the Mountain Stretch & Walk - optional, non-certified
 - Posters on Display

- 7:30** - Workshops - Optional

- 8:00**

- 8:30**

- 09:00**
 - Exhibits Open
 - Educational Sessions Start

- 09:30**

- 10:00**

- 10:30** - Brunch Served in Exhibit Hall - Complimentary

- 11:00**

- 11:30**

- 12:00** - Educational Sessions

- 12:30**

- 13:00** - Authors Present Posters

- 13:30** - Educational Sessions

- 14:00**

- 14:45**

- 15:00** - Authors Present Posters

- 15:30** - Educational Sessions

- 16:00**

- 16:30**

- 17:00**

- 17:15** - Authors Present Posters

- 18:00** - Twilight's Highlights - Complimentary Entertainment by Don Watson & the Vail Valley Band

- 18:30**

Notes

Rate The Day: 1 2 3 4 5
From 1 being the worst to 5 being the best 😊

Water Intake: 

Daily NNPS Planner

July 21, 2024

Symposium Registration & Sessions

M T W T F S S

Schedule

6:30

7:00

- Symposium Registration

- Morning on the Mountain Stretch & Walk - optional, non-certified

7:30

8:00 - Educational Sessions

8:30

09:00

09:30

10:00 - Educational Sessions

10:30

11:00

11:30

12:00

12:30

13:00

13:30

14:00

14:45

15:00

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17:00

17:15

18:00

18:30

Notes

Rate The Day:

1 2 3 4 5

From 1 being the worst
to 5 being the best



Water Intake:       