

# Schedule CampExperience™ 2011

## Friday, September 24th

10:00 am	Registration Opens	Upstairs Lobby
10:30-11:30 am	Welcome New Camper Briefing	Lower Level, Ptarmigan Rooms
12:00-2:00 pm	Lunch	Bighorn Ballroom - Keynote, Victoria Moran
2:30-3:30 pm	Afternoon Keynote	Bighorn Ballroom - Eileen Forlenza
3:45-4:45 pm	Networking Activity	Kokopelli's Trail, Outside Bighorn Ballroom
5:30-6:30 pm	Reception	Kokopelli's Trail, Outside Bighorn Ballroom
6:30-8:00 pm	Dinner	Bighorn Ballroom - Keynote Helen Upton FilmFest, Women Who Rock Award
8:00-9:30 pm	Drumming Circle	Neysa Lettin, Ptarmigan Rooms
9:30-10:30	SMORES and music	Outdoor Campfire

## Saturday, September 25th

7:45-8:45 am	Yoga and Morning Stretch	Jack's - Lisa Wolf, Iyengar Yoga Center of Denver
7:15-8:45 am	Breakfast	Bighorn Ballroom
9:00-10:30 am	Keynote	Bighorn Ballroom-Keynote, Cynthia James and Wy Livingstone
10:45-12:15 pm	Workshops	Lower Level Ptarmigan Rooms
12:30-2:00 pm	Lunch	Bighorn Ballroom - Keynote, Shari Shink Women Who Rock Award
2:30-5:00 pm	Educational Adventures	Lower Level Ptarmigan Rooms and off site
2:30-5:00 pm	Amazing Adventures	Fly Fishing, Psyche-Hike, Organic Cooking, Self Defense for Women, Biking, Dance
	Craft Adventures	Main Ballroom: Pottery, Fabric Art, Jewelry, Painting
5:30-6:30 pm	Reception	Kokopelli's Trail, Outside Bighorn Ballroom
6:30-8:00 pm	Dinner	Bighorn Ballroom - Keynote, Betsy Wiersma Women Who Rock Award
8:00-9:00 pm	"Talent" Show	Bighorn Ballroom - Hosted by Tammy Abramovitz
9:00-11:00 pm	Dance Party	Bow-tique in Jack's

## Sunday, September 26th

7:45-8:45 am	Tai Chi Ch'uan	Jack's - Maedee Dupres
7:15-8:45 am	Breakfast	Bighorn Ballroom
9:00-10:00 am	Morning Keynote	
10:15-12:30 pm	Amazing Adventures	Fly Fishing, Psyche-Hike, Organic Cooking, Self Defense for Women
	Craft Adventures	Hasty's - Jewelry Making, Journaling
10:15-12:30 pm	Educational Adventures	Lower Level Ptarmigan Rooms
10:15-12:30 pm	Author book signings/specials	Kokopelli's Trail, Outside Bighorn Ballroom
1:00-2:30 pm	Final Lunch	Bighorn Ballroom - Keynote, Linda Larsen Charity Donation Celebration

## MEAL SERVICE

All meals are served in the Bighorn Ballroom. Enjoy the fantastic flowers by **The Perfect Petal**. Please note the meal service times. Tables are open seating. Breakfasts and the Saturday desserts are buffet style. FREE snacks and water are available in the lobby.

## ACTIVITIES/ADVENTURES

All adventures meet in the lower level near the front of the Conference Center. Please meet 15 minutes

		Northwestern Mutual Denver Leadership	Success Skills	St. Anthony Central Hospital Optimal Health	Regis University Creative Thinking
<b>Saturday</b>	ROOM	Bighorn Ballroom			
	9:00-10:30 am	Morning Keynote: Cynthia James and Wy Livingston			
	ROOM	Ptarmigan A	Ptarmigan B	Ptarmigan C	Hasty's
	10:45-12:15pm	<b>Sarah Michel</b> Can You Hear Me Now?	<b>Patricia Barela</b> Rivera Inside Scoop	<b>Judy Dolloff</b> Aging Parents Strategies	<b>Cheryl Burget</b> Passion Test
	2:30 - 5:00 pm	<b>Andrea Costantine</b> Lisa Shultz The Book In You	<b>Gina Schreck</b> Social Media	<b>Julie Hammerstein</b> Healthy Life	<b>Page Lambert</b> Journaling Lab
	<b>Keri Blair</b> Fashion Emersion	<b>Renelle Darr</b> Lisa Wolf EI Business & Yoga	<b>Eileen Forlenza</b> Shari Shink Advocacy	<b>Gabrielle Louise</b> Soungbirds Write A Song workshop	<b>Amy Munnell</b> Monica Kastman Barber Shop Singing
	ROOM	Bighorn Ballroom			
	9:00-10:00 am	Keynote: Tonya Clement			
	10:15 - 12:30 pm	Educational and Other Adventures  Lauren Miller Stress-Less Living Julie Hansen Sell Anything			
	10:15-12:30 pm	Bow-tique Shopping Specials/Author Book Signings			

before the start of your session and look for Camp staff and your instructor. Please be on time! All crafts are located in the Bighorn Ballroom.

## TIMING FOR ALL ADVENTURES AND CRAFT WORKSHOPS:

### Saturday 2:30-5:00 pm

Fly Fishing: Char Bloom  
Health Rhythms Drumming: Neysa Lettin  
Ronee Looney: Pottery Lab  
Fabric Art:

### Sunday 10:15 am -12:30

Psyche Hike: Dr. Audrey Boxwell  
Self Defense for Women: The Rock/FAST Defense  
Biking: Dawn Cochlan  
Dance: Rachael DeMers

## Optional Personal Services By Appointment Only

All services are in the building across from the Convention Center. Look for the lobby sign for details. Please arrive 10 minutes early for your appointment. Appointments are not refundable.

## Available appointment times:

Friday: 2:15, 3:30, 4:30 Saturday: 7:30, 9:15, 10:45, 2:15, 3:30, 4:30 Sunday: 7:30, 9:15, 10:45