

TAKE CARRA YOURSELF

July 11-14, 2017
at the DMAI
Annual Convention

Montreal, Quebec

Join us in participating in a health and wellness program to honor our friend and colleague, Jim Carra.

[Learn more about Jim here.](#)

PROGRAM DETAILS:

- Morning yoga and fun run/walk
- Dedicated suite during duration of the convention
- Health and wellness demos
- Health screenings
- In-app participation
- Raffles prizes

*see attached preliminary agenda

 Thank you to our partners:



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ANNUAL CONVENTION OUTLINE OF TAKE CARRA PROGRAM

TIME	WEDNESDAY	NOTES	TIME	THURSDAY	NOTES	TIME	FRIDAY
7:00 AM			7:00 AM			7:00 AM	
7:30 AM	Early Morning Yoga at the Westin		7:30 AM	5 k fun run /walk		7:30 AM	
8:00 AM	Breakfast in the Hall		8:00 AM	Breakfast in the Hall		8:00 AM	Final Gen Session
8:30 AM			8:30 AM			8:30 AM	
9:00 AM	Gen Session 1 - 60 mins		9:00 AM	Gen Session 3 - 60 mins		9:00 AM	
9:30 AM			9:30 AM			9:30 AM	
10:00 AM	BREAK		10:00 AM	BREAK		10:00 AM	
10:30 AM	Healthy Cooking - Healthy Snacking Recipes and Demo in suite		10:30 AM	Demo - Simple ways to get moving and eat healthy while travelling		10:30 AM	Final Shirtsleeve
11:00 AM			11:00 AM			11:00 AM	
11:30 AM	Lunch/ Dedicated Exhibits		11:30 AM	Lunch/ Dedicated Exhibits		11:30 AM	
12:00 PM			12:00 PM			12:00 PM	
12:30 PM			12:30 PM			12:30 PM	
1:00 PM			1:00 PM			1:00 PM	
1:30 PM			1:30 PM			1:30 PM	
2:00 PM	60 or 45 min concurents		2:00 PM	60 or 45 min concurents		2:00 PM	
2:30 PM			2:30 PM			2:30 PM	
3:00 PM	Health Screenings in Suite		3:00 PM	Health Screenings in Suite		3:00 PM	
3:30 PM			3:30 PM			3:30 PM	
4:00 PM	Gen Session 2 - 45 Min		4:00 PM	Gen Session 4 - 45 Min		4:00 PM	
4:30 PM			4:30 PM			4:30 PM	
5:00 PM			5:00 PM			5:00 PM	
5:30 PM			5:30 PM			5:30 PM	