

COMPANION PROGRAM

THURSDAY MAY 30, 2024

- 12:00 - 20:00 **Companion Registration** @ Northland Power Curling Rink
- 18:00 - 19:00 **Opening Ceremonies** @ Northland Power Curling Centre
- 19:00 - 22:00 **Trade Show** @ NationsWEST Field House & **Supper** @ Northland Power Curling Centre

FRIDAY MAY 31, 2024

- 08:00 - 17:00 Exercise on your own during convention hours at **NationsWEST Field House**
- 09:00 - 11:30 Breakfast at **Gold Eagle Lodge Penthouse** as we Meet and Greet + games
- 11:45 - 12:00 Transportation to lunch
- 12:00 - 13:00 Lunch @ **Portabellas**
- 13:45 - 16:30 **Sign making + Wine & Cheese** @ NationWEST Field House
- 16:45 - 17:00 Transportation to your hotel
- 18:30 - 20:00 Supper @ Northland Power Curling Rink
- 20:00 - 22:00 **Gold Eagle Casino Night**

SATURDAY JUNE 1, 2024

- 08:00 - 17:00 Exercise on your own during convention hours at **NationsWEST Field House**
- 09:00 - 09:45 Breakfast at **Gold Eagle Lodge Penthouse** Waffle Bar
- 10:00 - 12:45 **Vision Board Making** @ NationWEST Field House
- 12:50 - 13:00 Transportation to lunch
- 13:00 - 14:00 Lunch @ **Cafe4U**
- 14:30 - 15:30 Relax time
- 15:30 - 17:30 **Keynote Speaker** - Dr. Jody Carrington @ Dekker Centre for the Performing Arts
- 18:30 - 22:00 **Formal Banquet & Closing Ceremonies** @ Northland Power Curling Rink
- 22:00 - 00:00 **Karaoke Night** @ Northland Power Curling Rink

Dr. Jody Carrington is a renowned psychologist sought after for her expertise, energy, and approach to helping people solve their most complex human-centered challenges.

