

aapa2022

SUGGESTED SCHEDULE

Wellness Seeker

Start your day with movement at our daily fitness classes & the Pacers Fun Run for Health. Visit the Mindfulness Lounge, get a massage in the Exhibit Hall, and attend sessions on provider well-being and mental health. Plus, don't miss General Session featuring Simone Biles & Jane Pauley, the Exhibit Hall, Main Stage events with the Indianapolis Colts and space-traveling PA Hayley Arceneaux, and PA Foundation events!

SATURDAY, MAY 21	SUNDAY, MAY 22	MONDAY, MAY 23	TUESDAY, MAY 24	WEDNESDAY, MAY 25
<p>6 – 6:45 a.m. Fitness Class: Cardio Kickboxing (sign-up required)</p> <p>7:15 a.m. – 3:25 p.m. Mindfulness Lounge™ Open</p> <p>4 – 5:30 p.m. General Session: Journeys of Courage: Simone Biles and Jane Pauley on Mental Health</p> <p>6 – 7:30 p.m. AAPA 2022 Opening Reception</p>	<p>6 – 6:45 a.m. Fitness Class: PiYo Live (sign-up required)</p> <p>7:15 a.m. – 3:50 p.m. Mindfulness Lounge™ Open</p> <p>9 a.m. – 5 p.m. Exhibit Hall & Attendee Wellness Lounge Open</p> <p>9:30 – 9:45 a.m. Chair Yoga</p> <p>4:20 – 5:15 p.m. ePosters Special Session on Well-Being</p> <p>4:45 – 6 p.m. Go Beyond With PA Hayley Arceneaux</p>	<p>6 – 6:45 a.m. Fitness Class: PA Boot Camp (sign-up required)</p> <p>7:15 a.m. – 3:50 p.m. Mindfulness Lounge™ Open</p> <p>7:30 – 12 p.m. & 1 – 5 p.m. Symposium on Clinician Well-Being & Working Sessions</p> <p>9 a.m. – 1 p.m. Exhibit Hall & Attendee Wellness Lounge Open</p> <p>3:30 – 4:30 p.m. Main Stage: Kicking the Stigma in Your Community A Panel Discussion with the Indianapolis Colts and Your PA Colleagues</p>	<p>6:30 – 8 a.m. PA Foundation Pacers for Health 5K Fun Run/Walk (separate ticket required)</p> <p>7:15 a.m. – 3:50 p.m. Mindfulness Lounge™ Open</p> <p>8 a.m. – 4:30 p.m. Mental Health Symposium</p>	<p>6 - 6:45 a.m. Fitness Class: Yoga (Sign-up required)</p>
<p>Visit our Networking Nook: Indy's Better Together.</p>				