

## "Let the Health ADVENTURE Begin" Roughrider "38" Schedule 2024 (All Times Are Mountain Time)



### Monday May 29, 2024

5:00 p.m. - 7:00 p.m.  
5:00 p.m.- 8:00 p.m.

Check-In for Monday Arrivals-Roughrider Conference Center  
Mini-Golf (**Volk**)

### Tuesday May 28, 2024

7:00 a.m. - 8:00 a.m.  
8:30 a.m. -10:00 a.m.  
10:00 a.m. -12:00 p.m.  
12:00 p.m. - 1:00 p.m.  
1:00 p.m. - 2:00 p.m.  
2:00 p.m. - 3:00 p.m.  
3:00 p.m. - 4:00 p.m.  
4:00 p.m. - 5:00 p.m.

Check-In Tuesday Arrivals - Rough Riders Conference Center  
Opening Ceremony (**Volk**) Rough Riders Conference Center  
Keynote (**Jon Lokhorst**) Rough Riders Conference Center)  
Lunch (On Own)  
Breakout Session #1 (**Lokhorst, Dr. Nagel, Jahner**) Medora Room/Little Missouri Room/ Showhall  
Team Meeting (**Volk**) Showhall  
Breakout Session #2 (**Lokhorst, Dr. Nagel, Jahner**) Medora Room/Little Missouri Room/Showhall  
Breakout Session #3 (**Lokhorst, Dr. Nagel, Jahner**) Medora Room/Little Missouri Room/Showhall

### Wednesday May 29, 2024

7:30 a.m.- 9:00 a.m.  
9:00 a.m.- 9:30 a.m.  
9:30 a.m.-10:30 a.m.  
10:45 a.m.-11:45 a.m.  
11:45 a.m.-12:30 p.m.  
12:30 p.m. - 2:00 p.m.  
2:00 p.m.- 3:00 p.m.  
3:00 p.m. - 4:00 p.m.

Personal Wellness Inventory-Teddy Walk (**Volk**) Rough Riders Conference Center  
Breakfast (On Own)  
Breakout Session #1 (**Dr. Schmitz, Schlecht, Scott**) Medora Room / Little Missouri Room /Showhall  
Breakout Session #2 (**Dr. Schmitz, Schlecht, Scott**) Medora Room / Little Missouri Room /Showhall  
Lunch (On Own)  
Personal Wellness Inventory (**Volk**) Behind Showhall  
Team Meeting (**Volk**) Showhall  
Breakout Session #3 (**Dr. Schmitz, Schlecht, Scott**) Medora Room /Little Missouri Room /Showhall

### Thursday May 30, 2024

7:00 a.m. - 8:15 a.m.  
8:15 a.m. - 9:00 a.m.  
9:00 a.m. -10:00 a.m.  
10:15 a.m.- 11:15 a.m.  
11:15 a.m.- 12:15 p.m.  
12:15 p.m. - 1:15 p.m.  
1:30 p.m. - 2:45 p.m.  
2: 45 p.m.- 4:00 p.m.  
4:00 p.m.- 6:00 p.m.

Personal Wellness Inventory (**Messer / Volk / Kielpinski**) Medora Room / Flag Pole / Showhall  
Breakfast (On Own)  
Breakout Session #1 (**Iwersen, Heilman, Moseman**) Medora Room / Little Missouri Room / Showhall  
Breakout Session #2 (**Iwersen, Heilman, Moseman**) Medora Room / Little Missouri Room / Showhall  
Lunch (On Own)  
Breakout Session #3 (**Iwersen, Heilman, Moseman**) Medora Room / Little Missouri Room / Showhall  
Personal Wellness Inventory (**Messer / Volk / Kielpinski**) Medora Room / Flag Pole / Showhall  
Personal Wellness Inventory (**Messer / Volk / Kielpinski**) Medora Room / Flag Pole / Showhall  
Team Meeting -Working Picnic Celebration (**Volk**) Rough Riders Conference Center

### Friday May 31, 2024

7:00 a.m. - 8:00 a.m.  
8:00 a.m. - 8:30 a.m.  
8:30 a.m. -10:30 a.m.  
10:30 a.m.- 11:30 a.m.

Check Out Rooms  
Team Meeting (**Volk**) Rough Riders Conference Center  
Keynote Session (**Steven Iwersen**) Rough Riders Conference Center  
Closeout Activities and Awards (**Volk**) Rough Riders Conference Center