

"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**) Wooden Park-Next to Mini Golf
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 / Kelpinski**) 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 / Kelpinski**) Medora Room / Flag Pole / Showhall
Personal Wellness Inventory (**Messer / Volk / Kelpinski**) 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