

# Health & Fitness Society of BC

## 2023 Annual General Meeting and Professional Development Day

In-person at Capilano University

November 10, 2023  
9:00 am - 1:00 pm PST

### AGENDA

FREE REGISTRATION  
FOR ALL MEMBERS

**9:00 am - 9:05 am: Opening**

**9:05 am - 9:35 am: Guest Speaker - David J. Robinson**

**Presentation Title:** KIJIKATIG Boxing and Carving Wellness Education

**9:35 am - 10:05 am: Guest Speaker - Jamie Hawke**

**Presentation Title:** Knowledge Translation: The Practitioner Voice

**10:05 am - 10:40 am: Guest Speaker - Alejandro Gaytán-González**

**Presentation Title:** Approaches to Combat Sarcopenia

**10:40 am - 10:55 am: Break**

**10:55 am - 11:40 am: Guest Speaker - Dr. Bruno Follmer**

**Presentation Title:** Concussion Management in Sports is a No-brainer

**11:40 am - 11:55 am - Guest Speaker - Ethan Schmitt**

**Presentation Title:** Anthropometric and Musculoskeletal Performance Profiles of Ultramarathon Runners of Varying Distances

**11:55 am - 12:25 pm - Guest Speaker - Shannon Field**

**Presentation Title:** Urban Indigenous Families' Perspectives and Experiences With Play

**12:25 pm - 1:00 pm - Lunch & HFSBC Annual General Meeting**



**Location:**  
Capilano University  
(Room LB322, Library  
Building, 2055 Purcell Way,  
North Vancouver, V7J 3H5)