

## Rotary District 7170 Schedule-at-a-Glance

### Friday, April 1

8:00am-4:00pm	Cornell Lab of Ornithology – at your leisure, 159 Sapsucker Woods Rd.	Cornell University
10:00am-5:00pm	Johnson Art Museum – at your leisure, 114 Central Avenue	Cornell University
2:00pm-3:00pm	White Wine Tasting – registration required, Coltivare, 235 S. Cayuga Street	Downtown Ithaca
3:00pm-7:00pm	Registration	Statler Hotel Lobby
3:00pm-4:00pm	Downtown Walking Tour, Gary Ferguson – meet at Coltivare, 235 S. Cayuga Street	Downtown Ithaca
3:00pm-4:00pm	Beer Tasting – registration required, Hopshire Farm & Brewery, 1771 Dryden Road	Dryden
4:00pm-5:00pm	Red Wine Tasting – registration required, Coltivare, 235 S. Cayuga Street	Downtown Ithaca
6:00pm-7:00pm	Reception	Ballroom Foyer
7:00pm-8:00pm	Buffet Dinner	Carrier Ballroom
8:00pm-9:00pm	Opening General Session, Stephen Brown	Carrier Ballroom

### Saturday, April 2

7:00am-6:00pm	Registration	Statler Hotel Lobby
7:30am-5:00pm	Continuous Refreshments	Ballroom Foyer
7:30am-8:45am	Continental Breakfast	Ballroom Foyer
8:00am-11:00pm	House of Friendship	Conference Foyer
8:45am - 9:30am	General Session, Dr. Martin Stallone	Carrier Ballroom
10:00am-11:00am	Human Development Over the Life Course, Dr. Karl Pillemer	Amphitheater
10:00am-11:00am	Chair Yoga, Eleanor Liebson, OTR/L, PYT F55	Yale/Princeton
10:00am-11:00am	Stephen R. Brown	Pennsylvania
10:00am-11:00am	The Exercise Prescription, The Not So Secret Way to Stay Healthy, Andrew Getzin, MD	Taylor
10:00am-11:00am	What Works for You and Your Co-Workers, Beth McKinney, MEd. RD, CHES	Rowe
11:00am-12:00pm	The Role of Luck in Business Life, Dr. Victoria Prowse	Amphitheater
11:00am-12:00pm	The Rotary Foundation, Amanda Runge	Yale/Princeton
11:00am-12:00pm	Women and Heart Health	Pennsylvania
11:00am-12:00pm	What Are the Greatest Challenges In Our Communities? Jeff Smith	Taylor
11:00am-12:00pm	Managing Stress, Henry D. Gerson, MD	Rowe
12:00pm-12:30pm	Break, House of Friendship	Conference Foyer
12:30pm-1:30pm	Buffet Lunch	Carrier Ballroom
1:30pm-2:15pm	General Session	Carrier Ballroom
2:30pm-3:30pm	Small RNAs: Tiny, Masterful Regulators of Health and Disease, Dr. Paula Cohen	Amphitheater
2:30pm-3:30pm	Someone is Having a Heart Attack - You Have Called 9-1-1, Now What?" Brian Wilbur	Yale/Princeton
2:30pm-3:30pm	Climate Change: So What's Up with Dinner? Dr. Michael Hoffmann	Pennsylvania
2:30pm-3:30pm	Health for Haiti, Jen Musa, PhD & Jeff Smith	Taylor
2:30pm-3:30pm	Early Detection through Health Screenings, Betty Mcever	Rowe
3:30pm-4:30pm	Innovations in College Student Mental Health, Tim Marchell, PhD, MPH	Amphitheater
3:30pm-4:30pm	Service Project Packing Packs for School Age Children, Brian Buttner	Yale/Princeton
3:30pm-4:30pm	How an Open House can Increase the Health of Your Club, Richard Matsushima	Pennsylvania
3:30pm-4:30pm	Give Your Club Life, Cindy Kain, Matt Adler, Norma Madayag-Reilly	Taylor
3:30pm-4:30pm	How Rotaract Enhances a Well-Rounded Higher-Ed Experience, Cornell Students	Rowe
4:30pm -5:30pm	Rotary International Global Grant to Support Communities Fight Opioid Addiction	Amphitheater
4:30pm-5:30pm	House of Friendship	Conference Foyer
6:00pm-7:00pm	Reception	Ballroom Foyer
7:00pm-8:00pm	Dinner	Carrier Ballroom
8:00pm-9:30pm	The Importance of Stepping Up, Cal Walker & Youth Exchange Student Talent Show	Carrier Ballroom

### Sunday, April 3

7:30am	Coffee Service	Ballroom Foyer
8:30am-9:00am	Memorial Service, Heidi Goldstein	Anabel Taylor Chapel
9:00am- 9:45am	Baroque Organ Performance, Annette Richards & David Yearsley	Anabel Taylor Chapel
10:00am-11:00am	Brunch	Carrier Ballroom
11:00am-12:00pm	An Extraordinary Partnership, for the Common Good, Bob Riter & Dr. Bob Weiss	Carrier Ballroom