



2024 VRPS ANNUAL CONFERENCE SCHEDULE



TIME	ACTIVITY/SESSION/EVENT
Friday, September 13, 2024	
8:00 a.m. - 5:00 p.m.	AFO Course Day 1 - Southside Aquatics Center
Saturday, September 14, 2024	
8:00 a.m. - 5:00 p.m.	AFO Course Day 2 - Southside Aquatics Center
11:00 a.m. - 5:00 p.m.	Conference Check-In
Noon	VRPS Foundation Golf Tournament, Sewells Point
Noon - 3:00 p.m.	Offsite Tour: Norfolk's Botanical Garden (Pre-registration required - additional fee) *
1:00 p.m. - 4:00 p.m.	Offsite Tour: Virginia Zoo Adventure (Pre-registration required - additional fee) *
6:00 p.m. - 10:00 p.m.	Welcome Social- VIP area at Nashfest: Town Point Park
Sunday, September 15, 2024	
7:00 a.m. - 5:00 p.m.	Conference Check-In
7:00 a.m. - 8:00 a.m.	Morning Mojo Breakouts - Kicking it with Kenyatta & Morning Walk/Run
9:00 a.m. - 10:30 a.m.	Conference Opening Session with Neelay Bhatt *
9:00 a.m. - 5:00 p.m.	Zen Den
9:00 a.m. - 5:00 p.m.	Student Day
10:30 a.m. - 10:45 a.m.	Refreshment break
10:45 a.m. - 11:45 p.m.	Educational Sessions *
11:00 a.m. - 2:00 p.m.	Professional Headshots
12:00 p.m. - 1:30 p.m.	Lunch on your own
1:45 p.m. - 2:45 p.m.	Educational Sessions *
3:00 p.m. - 4:00 p.m.	Educational Sessions *
4:15 p.m. - 4:45 p.m.	Educational Speed Sessions *
5:00 p.m. - 6:00 p.m.	Service Area and Resource Group Meetings & Mixers - Marriott Rooftop
6:00 p.m. - 7:00 p.m.	Dinner on your own
7:00 p.m. - 10:00 p.m.	Social - Circuit Social
Monday, September 16, 2024	
7:00 a.m. - 3:30 p.m.	Conference Check-In
7:00 a.m. - 8:00 a.m.	Morning Mojo Breakouts - Goat Yoga & Morning Walk/Run
9:00 a.m. - 4:00 p.m.	Zen Den
8:30 a.m. - 9:30 a.m.	Educational Sessions *
9:30 a.m. - 9:45 a.m.	Refreshment break
9:45 a.m. - 10:45 a.m.	Educational Sessions *
9:45 a.m. - 10:45 a.m.	Director's Forum
11:00 a.m. - 2:00 p.m.	Exhibit Hall (lunch provided) - <i>exhibit hall speed sessions 11 a.m., 11:30 a.m., 1 p.m., 1:30 p.m. *</i>
11:00 a.m. - 2:00 p.m.	Professional Headshots
2:15 p.m. - 3:15 p.m.	Educational Sessions *
4:00 p.m. - 6:00 p.m.	Awards Ceremony & VRPS Foundation Live Auction
6:15 p.m. - 10:00 p.m.	Social - Norva (dinner provided)
Tuesday, September 17, 2024	
7:30 a.m. - 10:30 a.m.	Conference Check-In
8:00 a.m. - 9:00 a.m.	Morning Mojo Breakouts - Embrace the Flow, Empower the Mind & Morning Walk/Run
9:00 a.m. - 11:00 a.m.	Zen Den
9:15 a.m. - 10:15 a.m.	Educational Sessions *
10:30 a.m. - 11:30 a.m.	Conference Closing Session with Dr. Gale Gorke *

*CEU opportunities
(Schedule subject to change)