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**Get ready for a great line up of events this spring!** 🖨️

## Calendar of Events



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Whether you work full-time, part-time, at a desk or onsite, we all know life is busy but staying healthy and active is important! It can be tough to maintain a balance with work, life and health. How can we incorporate regular exercise and a fit regime into our busy schedules?

Be a part of the conversation on **Thursday March 1**, and listen to a panel of experts discuss this exact topic.

[Register Now](#)

Join us at the newest, massive playground, [The Rec Room Calgary](#) in Deerfoot City. With Canadian - inspired cuisine, virtual reality, arcade games, live entertainment and more, The Rec Room makes for the perfect gathering place and will keep us active!

### When

March 1, 2018, 4:30 - 8:00PM

**Event Agenda:**

- 4:30PM – 6:00PM: Registration and mingle
- 6:00PM – 6:30PM: Welcome remarks & tour of the space
- 6:40PM – 7:00PM: Panel discussion
- 7:00PM – 7:20PM: Fitness break
- 7:20PM – 7:50PM: Panel discussion cont. with Q&A's
- 8:00PM: Gaming Time!



*Thank you to The Rec Room Calgary & to FitterFirst for making this event possible*



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**Save The Date for Global Meetings Industry Day (GMID) 2018**



**MEETINGS  
MEAN  
BUSINESS**



**APRIL 12, 2018**

**Global Meetings Industry Day** is a global celebration of meetings and events hosted by MPI chapters around the world. MPI members from the Canadian Chapters celebrate with a variety of educational and networking activities focusing on the significance of the meetings industry and the value of meetings to the broader business community.

**Save the date - GMID 2018 will take place on April 12th!**

More details coming soon.

View pictures from last year [here](#).



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