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Upcoming March Event at The Rec Room & More...

MPI GCC Presents - How to Stay Fit & Healthy on the Job



learn
with MPI-GCC

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.

Mike Greene, Kinesiologist and certified Exercise Physiologist, brings to the table fifteen years of hands-on training experience in a variety of settings and graduate-level specialization in exercise and functional fitness.

He has always been passionate about working with clients to help each one achieve their desired health, fitness and lifestyle goals. He currently works with clients with a wide range of needs and goals, including sport-specific training, injury rehabilitation, healthy lifestyle coaching, medical condition management as well as conditioning and weight loss.

Mike specializes in:

- Client-Centered Private Personal Training
- Comprehensive and Reliable Fitness Assessments
- Individualized Exercise and Health Counseling
- Injury Prevention and Rehabilitation
- Physical Conditioning for Health Management

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!

[Register Now](#)

Your ticket price includes delicious appetizers, a welcome cocktail and gaming tags (value of \$20)!

When

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

Event Agenda:

4:00PM Shuttle by Ambassador Limousine Service leaving from Calgary Tower

4:30PM – 6:00PM: Registration and mingle

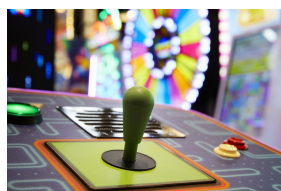
6:00PM – 6:30PM: Welcome remarks & tour of the space

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, FitterFirst & Ambassador Limousine Service for making this event possible



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



APRIL 12, 2018

Save the date for Global Meetings Industry Day (GMID) on April 12th.

More details coming soon.

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2018 Membership & Chapter Satisfaction Survey

How is MPI doing?
Let us know on February 20.



**Save the Date for the MPI
Membership & Chapter Survey**

WE WANT TO HEAR FROM YOU!

The 2018 MPI Membership and Chapter Satisfaction Survey will launch on February 20, 2018.

Please be on the lookout for your personalized email invitation to complete this confidential survey and a chance to win a \$200 Amazon Gift Card.

The email will be sent from MPI President and Chief Executive Officer, Paul Van DeVenter with the subject line: "Annual MPI Member Survey Invitation".

Contact membersurvey@mpiweb.org if you have questions or do not receive the survey invitation email.

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