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MOVE FAST & register 2 for 1 for MPI GCC's "How to stay fit & healthy on the job" before this Friday! 🖨

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.

[Register Now](#)

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.

About Fitter First

Fitterfirst has been "Leading the World to Better Balance" with quality, innovative balance training gear and core stability fitness products since 1985. We encourage everyone, from children to working professionals to seniors, to practice Stability in daily living, to improve Agility at play and to enhance Mobility for life (S.A.M.). The Active Office™ concept is the solution to the traditional sedentary 9 to 5 work day. Work is an area of our daily lives that is in desperate need of a health wake-up call and we provide the means to introduce movement throughout the day.

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!

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:

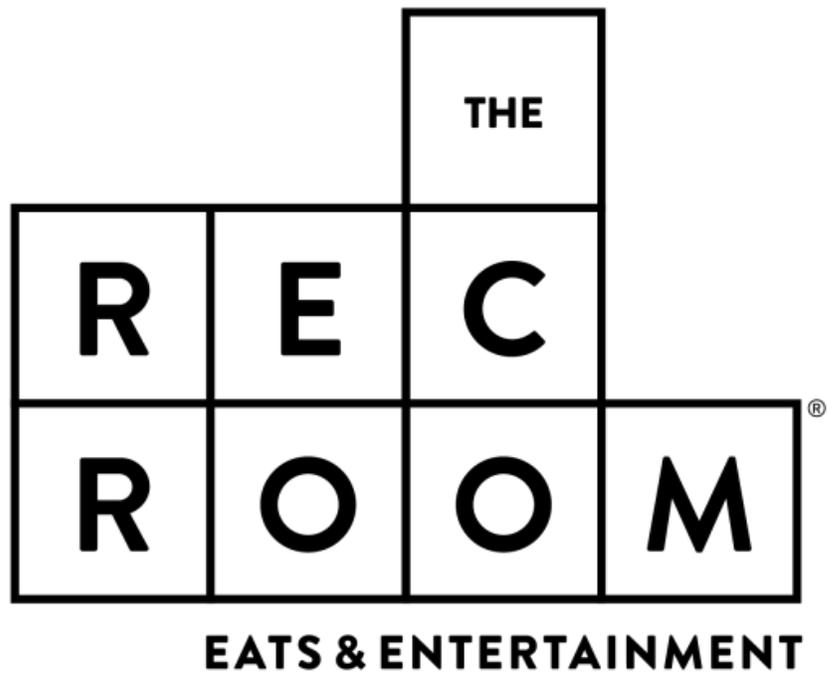
4:00PM Shuttle by Ambassador Limousine Service leaving from Calgary Tower

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!

Moderated by Janel Snyder, Conference Manager, e=mc2 events.



Thank you to The Rec Room Calgary, FitterFirst & Ambassador Limousine Service for making this event possible



TICKETS

\$40.00 Member Registration

\$60.00 Non Member/Guest Registration

\$25.00 Student Member Registration

\$0.00 Guest - Flash Sale, Buy One Get One

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Calendar of Events



**MEETINGS
MEAN
BUSINESS**



APRIL 12, 2018

Global Meetings Industry Day 2018 will take place on April 12th. Make sure to mark your calendars.

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.

- MORE DETAILS COMING SOON -

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MPI Membership and Chapter Satisfaction Survey

**How is MPI doing?
We want to know.**



Take the MPI Membership
& Chapter Survey

Survey active until **March 6, 2018**

Thank you to our members for their membership to MPI. Please take a moment and participate in our annual MPI Membership and Chapter Satisfaction Survey. The link has been emailed to your inbox and will remain active until March 6th.

This survey allows your voice to be heard directly and candidly. It's one of the most reliable and enlightening ways for us to gain feedback from our membership. From your responses, we will know exactly how we're doing and what matters most to you!

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