



\*Subject to change

## Schedule of Events October 10-13, 2019 | Alexandria, VA

Day 1 Oct. 10th	Time (Approximate)		Location
	4:00-7:00 PM	Registration Opening	Trademark
	7:00-930 PM	Conference Opening Session <i>FM4R All White Party</i> Entertainment: LeAndria Johnson	Carlyle Club
	6:30 - 7:30 AM	Finally Me Fitness (Walk )	Outside
	7:30-8:15 AM	Morning Meditation	Whitney
	7:30-8:15 AM	Morning Glory Leader: Lori Randoff	Edison Ballroom
	8:30-10:00 AM	VIP Breakfast Speaker: MC Lyte "Unstoppable Me"	Edison A B C
	10:00 AM - 12:00 PM	General Session #1 Speaker: Dr. Lynn Richardson - "Wealthy Me"	Edison Ballroom
	12:00- 1:30 PM	Lunch	On Your Own
	1:30 - 2:30 PM	General Session #2 Speaker: Dr. Anita Phillips - "Mentally Fit Me"	Edison Ballroom
	2:30 - 2:45 PM	Break	On Your Own
	2:45 - 4:00 PM	General Session #3 Speaker - Dr. Dallas - "Healthy Eating Me"	Edison Ballroom
	4:00 - 7:30 PM	FM4R Reflection / Rejuvenation	On Your Own

	7:30 - 10:00 PM	Worship Service Speaker/Preacher: Dr. Jazz, Conference Host Guest Psalmist: Pastor Veda McCoy	Edison Ballroom
<b>Day 3 Oct. 12th</b>	6:30 - 7:30 AM	Finally Me Fitness (Walk)	Outside
	7:30-8:15 AM	Morning Meditation	Whitney
	7:30-8:30 AM	Morning Glory Leader: Dr. Jazz	Edison Ballroom
	8:45 - 9:45 AM	General Session #4 Speaker: Natalie Taylor - "Vision 20/20"	Edison Ballroom
	10:00 AM - 11:30 AM	General Session #5 Panel Discussion: Rise Up, Power, Politics and Identity	Edison Ballroom
	11:30- 12:30 PM	Break	On Your Own
	12:30 - 2:30 PM	Conference Closing Dr. Jazz, Conference Host	Edison Ballroom
<b>Day 4 Oct. 13th</b>	10:00 AM - 12:30 PM	Worship Service at Victory Grace Center Dr. Jazz, Senior Pastor Bishop Rosie O'Neal, Guest Preacher	Bladensburg High School