



\*Subject to change

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

Day 1 Oct. 10th	Time (Approximate)		Location
	4:30-8:30 PM	Registration Opening	Trademark Restaurant, 1st floor - Westin Hotel
	7:00-10:00 PM	Conference Opening Session <i>FM4R All White Party - Dr. Jazz's Birthday Celebration</i> Entertainment: Le'Andria Johnson	Carlyle Club 2050 Ballenger Ave. Alexandria, VA

**Conference General Sessions, Rooms and Vendor Exhibition are located on the 2nd floor - Westin Hotel**

<b>Day 2 Oct. 11th</b>	6:30 - 7:30 AM	Finally Me Fitness (Walk)	Meet in the hotel lobby
	6:30 - 7:30 AM	Morning Meditation (Yoga) Instructor: Sarah Clarke	Wright Room
	7:30-8:15 AM	Morning Glory	Edison Ballroom (D E F G)
	8:30-9:45 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 (D E F G)
	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 (D E F G)
	2:30 - 3:00 PM	Break	On Your Own
	3:00 - 4:00 PM	General Session #3 Speaker - Dr. Dallas - "Healthy Me"	Edison Ballroom (D E F G)
	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 (D E F G)

<b>Day 3 Oct. 12th</b>	6:30 - 7:30 AM	Finally Me Fitness (Walk)	Meet in the hotel lobby
	6:30 - 7:30 AM	Morning Meditation (Yoga) Instructor: Sarah Clarke	Wright Room
	7:30-8:15 AM	Morning Glory	Edison Ballroom (D E F G)
	8:45 - 9:45 AM	General Session #4 Speaker: Natalie Taylor - "Vision 20/20 Me"	Edison Ballroom (D E F G)
	10:00 AM - 11:30 AM	General Session #5 Panel Discussion: Rise Up, Power, Politics and Identity	Edison Ballroom (D E F G)
	11:30- 1:00 PM	Break	On Your Own
	1:00 - 3:00 PM	Conference Closing Dr. Jazz, Conference Host	Edison Ballroom (D E F G)

<b>Day 4 Oct. 13th</b>	10:00 AM - 12:30 PM	Worship Service at Victory Grace Center Dr. Jazz, Senior Pastor Guest Preacher: Bishop Rosie O'Neal	Bladensburg High School 4200 57th Ave Bladensburg, MD 20710
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