

CMCC Homecoming '25

Detailed Weekend Agenda:

FRIDAY, JUNE 6, 2025

Advancing Athletic Performance: Integrative Approaches to Health Movement, and Injury Management

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| 9:00 a.m. – 9:15 a.m. | CONTINUING EDUCATION | Check-in & Attendance |
| 9:15 a.m. – 10:45 a.m. | Lecture Hall 1 | An Integrative Healthcare Approach to Optimizing High-Performance in Athletes |
| 10:45 a.m. – 11:00 a.m. | BREAK | |
| 11:00 a.m. – 12:30 p.m. | Lecture Hall 1 | Exploring Twenty-First Century Anatomy: A Modern Perspective for Clinical Chiropractic Practice |
| 12:30 p.m. – 1:15 p.m. | LUNCH | CAFETERIA |
| 1:15 p.m. – 2:45 p.m. | Lecture Hall 1 | Biophysical and Physiological Factors of Connective Tissue in Movement: Implications for Performance, Injury, and Rehabilitation |
| 2:45 p.m. – 3:00 p.m. | BREAK | |
| 3:00 p.m. – 4:00 p.m. | Athletic Centre | Mastering Exercise Techniques for Performance Enhancement and Injury Prevention: A Practical Approach |
| 5:30 p.m. – 10:00 p.m. | SOCIAL EVENT | Cocktail Hour, Dinner, Live Music, Dancing, Awards, Tribute Video, and much more! |

SATURDAY, JUNE 7, 2025

Empowering the Female Athlete: Considerations Throughout the Lifespan

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| 8:30 A.M - 8:45 P.M. | CONTINUING EDUCATION | Check-in & Attendance |
| 8:45 a.m. – 9:45 a.m. | Technique Rooms 2 & 3 | The Athletic Mom-to-Be: Supporting the Pregnant Athlete |
| 9:45 a.m. – 10:45 a.m. | Technique Rooms 2 & 3 | Postpartum Recovery: Getting Back to Sport |
| 10:45 a.m. – 11:00 a.m. | BREAK | |
| 11:00 a.m. – 12:00 p.m. | Technique Rooms 2 & 3 | SMT from a Female Chiropractor's Perspective: Techniques for Optimal Performance Spanning a Practice Lifetime |
| 12:00 p.m. – 1:00 p.m. | Technique Rooms 2 & 3 | Navigating Menopause as an Athlete: Maintaining Health and Performance |
| 1:00 p.m. – 3:00 p.m. | SOCIAL EVENT | LUNCH: BBQ at CMCC |

VISIT OUR WEBSITE TODAY TO REGISTER AND VIEW THE DETAILED PROGRAM!

cmcc.ca/homecoming

