

## Preliminary Programme

### Friday 24 January

Arrival and Check-in before 17:00

17:00	Welcome and overview
17:20	Keynote presentation "Sport and Health opportunities"
18:00	Coffee Break
18:15	Keynote presentation "Health and Well-Being strategy and action plan"
Evening	Dinner in Hotel

### Saturday 25 January

09:00	Workshop 1: Two groups - Road running _ Other Health activities
10:30	Coffee Break
10:45	Workshop 2: Two groups - Road running _ Other Health activities
12:30	Lunch
14:00	Event-visit "Fitness Day"
16:15	Coffee Break
16:45	Workshop 3: Two groups - Road running _ Other Health activities
Evening	Group Dinner

### Sunday 26 January

09:00	Workshop Group Feedback
09:30	Road Race Quality and Safety Standards
10:30	Coffee Break
10:45	Testimonies and Panel Discussion
11:45	Conclusion
12:00	Lunch and Departures