



October 27 – 30, 2011

## **A MEETING OF MINDS**

Arizona Grand Resort, Phoenix, AZ

To Register and get more information, call Perform Better toll-free at 800.556.7464 or visit [performbetter.com/seminars](http://performbetter.com/seminars).

### **THE CONCEPT**

Where will this industry take us in 1 year? 5 years? 10 years? And how can we tie everything together? Perform Better's "A Meeting of Minds" is focused on helping move this industry in the same direction and bridge the gap between athletic training, physical therapy, strength and conditioning, personal training, science and nutrition.

### **THE FORMAT**

Attendees will be put in more informal and interactive sessions throughout the weekend. The lectures will all finish up with an open-mic Q & A to try and get people thinking and become more involved. Early morning workouts will allow you to gain a more hands-on feel while the evening socials will allow the perfect opportunity to network and exchange ideas.

### **PLUS**

- Breakfast and lunch is included on both Friday and Saturday
- Friday and Saturday night socials include free appetizers, beverages and entertainment

### **THE STAFF**

The presenters include many of the most respected names in the training, conditioning, rehabilitation, nutrition and fitness business.





## A Meeting of Minds

### Who:

#### **Presenters:**

1. John Berardi
2. Mike Boyle
3. Gray Cook
4. Alwyn Cosgrove
5. Todd Durkin
6. Thomas Myers
7. Thomas Plummer
8. Martin Rooney
9. Don Chu
10. Mike Stone & Meg Stone
11. Mark Verstegen

#### **Topics:**

- Nutrition
- Strength & Conditioning
- Rehab / FMS
- Business / Personal Training
- Personal Training / Motivation
- Anatomy / Fascia
- Business of Fitness
- Sports Performance
- Rehab / Flexibility
- Sports Science / Bridging the gap
- Sports Performance

### **THE ACCOMMODATIONS**

A Meeting of Minds will take place at the beautiful Arizona Grand Resort. The AAA Four Diamond Arizona Grand Resort is the leading Arizona family vacation getaway and Southwest meetings destination. The 740-suite hotel and conference center offers an 18-hole golf course, athletic club, spa, salon, a 7-acre water park, seven unique dining venues and 117,000 sq/ft. of indoor and outdoor meeting space.

### **HOTEL RESERVATIONS**

Arizona Grand Resort  
8000 S. Arizona Grand Parkway  
Phoenix, AZ 85044  
866. 267.1321

**\$649 Registration** – Includes Seminar, 2 breakfasts, 2 lunches, 2 socials

**\$549** (8 weeks prior to Seminar)

**\$449** (for signing up at a PB Summit)

**\$225** (for all PB Seminar Pass holders)