

THURSDAY, OCTOBER 17

TIME	ACTIVITY	LOCATION	NOTES
All Day	Recommended Travel Day		LIFE U does not provide day-of hotel accommodations, discount rates are available.
Airport Shuttle: Every 2 Hours as Traffic Permits, 10:00 ^{AM} –8:00 ^{PM} Vintage Ways Shuttle Reservations are necessary to catch this shuttle. A Life U representative will meet you at the North Terminal Baggage Claim by the Georgia Lottery booth behind Carousel 4.			
10:00 ^{AM} –7:30 ^{PM}	Weekend Registration	Sonesta Atlanta Galleria Stratford Room	All airport shuttle users will be dropped off in the lobby of the Sonesta Atlanta Galleria. Weekend welcome packets and check in will occur in Thursday. Those checking in late Thursday or Friday will receive their welcome packet on Friday morning.
6:00 ^{PM} –7:30 ^{PM}	Life U Mix and Mingle Event	Sonesta Atlanta Galleria Berkshire Ball Room	Meet the Enrollment staff and our Student Ambassadors and get to know other weekend attendees.

FRIDAY, OCTOBER 18

TIME	ACTIVITY	LOCATION	NOTES
6:30 ^{AM} –8:00 ^{AM}	Breakfast	The Grill	A breakfast buffet is offered; please be sure to eat before departure.
8:00 ^{AM} –8:30 ^{AM}	Campus Shuttles to Life U	Sonesta Atlanta Galleria	Meet in the lobby at 8:00am with your name tag. If you did not receive your name tag on Thursday, they will be available at check-in today!
8:30 ^{AM}	Registration/Check In/Collecting Documents	Lower Gym	Check in upon arrival or visit our registration table to drop off official documents and get your name tag for the weekend.
9:00 ^{AM}	Weekend Announcements	Lower Gym	We set the stage for what to expect for the weekend.
9:15 ^{AM}	Opening Session	Lower Gym	Our President, Dr. Rob Scott, welcomes you to LIFE Leadership Weekend
9:45 ^{AM}	Student Affairs & DC Curriculum	Lower Gym	Meet Dr. Leslie King Associate Vice President for Academic Affairs and Dr. Micheal Smith Director of Student Affairs
10:30 ^{AM}	Break	Lower Gym	Enjoy a quick break to use the restroom or grab some water.
10:45 ^{AM}	Guest Speaker	Lower Gym	Young Alumni Dr. Dominic Fetterly, Director of NeuroLIFE Institute
11:15 ^{AM} –12:15 ^{PM}	Lunch	Lower Gym	A catered lunch is served onsite.
12:15 ^{PM} –12:35 ^{PM}	Enrollment/Financial Aid Presentation	Lower Gym	Learn about Enrollment and Financial Aid.
12:35 ^{PM} –1:30 ^{PM}	Student Services Fair	Upper Gym	Ask Enrollment staff & Student Affairs professionals all your questions regarding housing, academics, financial aid, advising, payments and more.
12:35 ^{PM} –1:30 ^{PM}	Kona Ice Truck	Upper Roundabout	Grab a ticket at the Student Services Fair for a FREE Kona Ice Slushie!
12:35 ^{PM} –1:30 ^{PM}	Financial Aid Session	Athletic Conference Center/Upper Gym	Get your Financial Aid questions answered.
12:35 ^{PM} –1:30 ^{PM}	Undergraduate & Graduate Information Session	Exercise Science Lab SHS 277	Please join us for an informal Q&A session with our LIFE Admissions Counselors.
1:30 ^{PM} –3:15 ^{PM}	Tour of Campus & Palpation Session	Life U's Campus	Explore the campus with our Student Ambassadors (current Life U students) and Enrollment staff.
3:30 ^{PM} –4:00 ^{PM}	Life University Student Panel	Lower Gym	Panel of Student Ambassadors discuss their journey to and through Life U and answer questions.
4:00 ^{PM} –5:00 ^{PM}	Dinner	Lower Gym	Dinner is catered onsite. If you are on the Atlanta Bus Tour, please confirm your attendance during dinner at the registration table.
5:00 ^{PM} –6:00 ^{PM}	Guest Speaker	Lower Gym	Hear from Dr. Eric Plasker, Life U alumnus, practicing chiropractor and founder of The 100 Year Lifestyle.
6:00 ^{PM}	Hotel Shuttle	Lower Gym Roundabout	The shuttle will return to the hotel after the Guest Speaker concludes.

SATURDAY, OCTOBER 19

TIME	ACTIVITY	LOCATION	NOTES
7:00 ^{AM} –10:00 ^{AM}	Breakfast	The Grill	Please enjoy the complimentary hotel breakfast buffet. Additional items may be purchased from the restaurant menu, if you desire.
8:00 ^{AM} –12:15 ^{PM}	Optional Trip to Centennial Park and Downtown Atlanta Or Morning Off	Atlanta	Visit the World of Coca-Cola, the Aquarium or the CNN Center and other attractions and enjoy Atlanta. You may purchase your tickets in advance online. If you are taking this optional trip, you need to be in the lobby of the Sonesta Atlanta Galleria @ 8:00 ^{AM} ; the bus departs sharply @ 8:15 ^{AM} . The bus will leave Centennial Park at 12:00 ^{PM} and return to campus for lunch and the next event.
12:15 ^{PM}	Campus Shuttle	Sonesta Atlanta Galleria Lobby	If you did not go to Atlanta, meet in the hotel lobby @ 12:00 ^{PM} to take the shuttles to campus.
12:30 ^{PM} –1:30 ^{PM}	Lunch	Lower Gym	A catered lunch is served onsite.
12:45 ^{PM} –1:00 ^{PM}	Guest Speaker	Lower Gym	Meet Dr. Amber Jackson, LIFE Alumni
1:30 ^{PM}	Optional Guest Hotel Shuttle Departs at 1:45 ^{PM}	Lower Gym Roundabout	We encourage all guests to participate in the Experiential Leadership Activities, but if you do not wish to participate in the activities, the shuttle will take you back to the hotel.
1:30 ^{PM} –4:30 ^{PM}	Leadership Experiential Activities Mandatory for ALL prospective students, but optional for guests.	Lower Gym	This experience is a personal development activity and is conducted outdoors. Please dress casually (in active gear) and wear weather appropriate/comfortable clothes & shoes. No sandals/flip flops.
4:15 ^{PM}	Campus Shuttle	Hotel Lobby	If your guest did not participate in the Leadership Experiential Activities and wants to return to campus for the closing dinner, they must meet in the hotel lobby at 4:15 ^{PM} to take the shuttle.
5:00 ^{PM} –6:30 ^{PM}	Dinner	Lower Gym	Enjoy dinner with Life U faculty, staff, students and LIFEforce doctors!
6:30 ^{PM}	Dessert Party	Socrates Café	End the weekend by spending some quality time in our Socrates Café with the LIFEforce doctors, other students and staff. Dessert and refreshments provided.
7:45 ^{PM}	Hotel Shuttle	Socrates Café	The shuttle will return to the hotel. The shuttle will depart promptly at 7:45 ^{PM} .

SUNDAY, OCTOBER 20

TIME	ACTIVITY	LOCATION	NOTES
All Day	Recommended Travel Day		Life U does not provide hotel accommodations for the night, but discounted rates are available if you choose to stay.
By Reservation Only 5:00 ^{AM} –12:00 ^{PM}	Airport Shuttles	Sonesta Atlanta Galleria Lobby	Vintage Ways Shuttle reservations are necessary to catch this shuttle. Reserved shuttles leave on the hour between 5:00 ^{AM} –12:00 ^{PM}

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