



WHI Clinical Coordinating Center

Steady and Strong: Build Balance and Boost Confidence in Your Everyday Movement | Participant Webinar #19 | Agenda

Time (PDT)	Content	Speaker/ Presenter
11:00am	Welcome remarks; webinar topic introduction and etiquette; closed captions directions (Presentation, "Zoom Closed Captions Directions Welcome Slide"); updates from WHI; previous webinar information	Dr. Cyndi Thomson Olivia Goehring
11:06am	Introduce Dr. Corey Rovzar	Dr. Cyndi Thomson <u>Dr. Corey Rovzar</u> <i>Postdoctoral Scholar, SCRDP/Heart Disease Prevention</i> <i>School of Medicine</i> <i>Stanford University</i>
11:07am	Presentation, "Corey Rovzar_WHI_Webinar_slides"	Dr. Corey Rovzar
11:23am	Introduce Dr. Marily Oppezzo	Dr. Cyndi Thomson <u>Dr. Marily Oppezzo</u> <i>Instructor, Medicine – Stanford Prevention Research Center</i> <i>Stanford University</i>
11:24am	Presentation, "ExerciseSnacks_WHISH2025"	Dr. Marily Oppezzo
11:42am	Panel discussion: Q&A from the audience	ALL Moderator: Dr. Cyndi Thomson
11:54am Transition/Close	Closing Remarks	Dr. Cyndi Thomson