While in Austin, the CNS Wellness and Resilience Committee encourages attendees to take advantage of a variety of options to feed the mind, body, and soul. Options include both social events and scientific programming. Look for even more opportunities when you arrive in Austin!

**SATURDAY, OCTOBER 16**
12:45–4:15 pm  
SYM8B: Performance Workshop: How to be on Top of Your Game at Work and at Home  
12:45–4:15 pm  
SYM10B: Entrepreneurial Neurosurgeons  
4:15–5:45 pm  
CNS Resident Social  
5:00–6:30 pm  
International Reception

**SUNDAY, OCTOBER 17**
8:00 am–12:00 pm  
SYM18A: Women in Neurosurgery Career Symposium  
12:45–4:15 pm  
SYM21B: So You’ve Been Sued  
6:30–8:30 pm  
Opening Reception  
Featuring the Neurosurgery Jazz Quintet Plus 1

**MONDAY, OCTOBER 18**
12:15–1:45 pm  
M1: Honored Guest Luncheon  
4:15–5:45 pm  
Financial Planning for Young Neurosurgeons

**TUESDAY, OCTOBER 19**
12:15–1:45 pm  
T14: Honored Guest Luncheon  
12:15–1:45 pm  
Luncheon Seminar  
T17: Neurosurgical Contracts – How to Get What You Want

**WEDNESDAY, OCTOBER 20**
12:15–1:45 pm  
W25: Honored Guest Luncheon

**XPERIENCE LOUNGE OFFERINGS**
**TUESDAY, OCTOBER 19 | 1:45–2:45 pm**
- Voices of Neurosurgery: Hear inspiring stories from your colleagues!  
- Giveaways (limited quantities)  
- Fruit smoothies during Tuesday afternoon’s beverage break

**FOUNDATION EXERCISE CHALLENGE**
**Who's the Fittest of Them All?**  
Join your colleagues for our Annual Meeting Fitness Fun-Raisers at the JW Marriott Austin on Sunday and Monday, October 17–18, at 6:00–7:00 am.

Early morning workouts support the CNS Foundation—improving worldwide patient care.

Advance registration encouraged as space is limited! Watch for ticket information in CNS Annual Meeting communications.