

Day 1 - Wednesday, May 25
Muscle Health Awareness Day (MHAD13) / IBEC Pre-Conference

7:45 – 9:00 AM	Continental Breakfast Registration and Poster Set-up (Trinity Ballroom)	
9:00 – 10:35 AM	Session 1 (Grand Ballroom) Skeletal muscle signaling and adaptation Chair: David Hood, York University	
Ayesha Saleem	University of Manitoba	Skeletal muscle-derived extracellular vesicles and their effect on mitochondrial biogenesis in recipient cells
Val Fajardo	Brock University	GSK3 inhibition for conditions of muscle wasting: lessons from unloading and muscular dystrophy
Chris McGlory	Queen's University	Nutritional attenuation of human skeletal muscle disuse-atrophy: Mechanisms and future directions
10:35 – 11:15 AM	COFFEE BREAK and Poster Viewing (Trinity Ballroom)	
11:15 AM – 12:45 PM	Session 2 (Grand Ballroom) Muscle exercise physiology Chair: Christopher Perry, York University	
Jenna Gillen	University of Toronto	Low-volume high-intensity interval training and skeletal muscle insulin sensitivity
Brendon Gurd	Queen's University	The skeletal muscle fasting response: evidence from animals and humans
Rebecca MacPherson	Brock University	Exercise and brain health: novel roles for BDNF
12:45 – 2:00 PM	Lunch (provided) and Poster Viewing (Trinity Ballroom)	

Day 1 Continued Muscle Health Awareness Day (MHAD13) / IBEC Pre-Conference		
2:00 - 3:30 PM	Session 3 (Grand Ballroom) Muscle bioenergetics in aging and diabetes Chair: Angelo Belcastro, York University	
Yan Burelle	University of Ottawa	Mitochondrial Quality Control in Muscle Stem Cells: A Determinant of Cell Fate Decision and Tissue Repair Capacity.
Thomas Hawke	McMaster University	Sex differences in the skeletal muscles of persons with type 1 diabetes
Graham Holloway	University of Guelph	Mitochondrial bioenergetics in peripheral tissue with insulin resistance
4:30	IBEC Official Opening Ceremony (Grand Ballroom)	
4:45 – 5:30 PM	IBEC Plenary Lecture I (Grand Ballroom) Bruce Spiegelman, Harvard University The PGC1a/Irisin Pathway: Linking Exercise to Cognitive Function and Neurodegeneration	
5:30 PM	Meet & Greet Reception	