Day 1
Tuesday, December 3

8:00am-9:00am  Conference Registration
9:00am-10:30am Opening Session ♦ Program Overview ♦ Speak Out!
10:30am-10:45am BREAK
10:45am-12:00pm Regional Meeting Breakouts
12:00pm-2:00pm Lunch ♦ Featured Keynote Speaker
2:00pm-2:45pm EXPO
2:20pm-2:45pm Self-Care Session 1
3:00pm-4:30pm Workshop Session 1
4:45pm-6:00pm Meet Your OSHA Labor Liaison
7:30pm Labor Health & Safety Film Forum

Day 2
Wednesday, December 4

8:00am-8:20am  Self-Care Session 2
8:30am-10:00am Conference Overview ♦ Organizing for Action - Panel
10:15am-12:00pm Workshop Session 2
12:00pm-2:00pm Lunch ♦ Featured Keynote Speaker
2:00pm-2:45pm Expo and Poster Exhibit
3:00pm-4:45pm  Workshop Session 3
6:30pm-9:30pm  Dinner and Awards Banquet....Music and Dancing!

**Day 3**
**Thursday, December 5**

8:00am-8:20am  Self-Care Session 3
8:30am-9:45am  Media Panel
10:00am-11:45am  Workshop Session 4
11:45am-2:00pm  Lunch ♦ Grassroots Movement Panel
2:00pm-2:45pm  Closing Session

Workshop sessions include occupational health and safety topics, organizing strategies, advocacy best practices, cutting edge issues and legal tactics. Specific titles will be announced when schedule is finalized. For examples of previous workshop topics, see our [COSHCON18 program](#).