

# An AGS Guide for

## Virtual Meeting First-Timers

Thursday, May 13 - Saturday, May 15  
Pre-conference day: Wednesday, May 12



### Block out your calendar

Treat your attendance at the virtual meeting as you would an in-person one. Empty your schedule. Set up an "out of office" message on your email inbox, add the sessions you want to attend to your calendar, and let colleagues know that you'll be harder to reach when the meeting is occurring. Limiting distractions will help you get the most out of the sessions and presentations.

Take  
frequent  
breaks!

### Get comfortable

If you've attended our meetings before, you might remember email reminders telling you to wear sneakers and bring a sweater. The same goes for a virtual meeting! Whether you're at home or in your office, wearing business attire or your pajamas, do what makes you feel most comfortable and ready to learn. Be sure to have a bottle of water and snacks on hand to keep your energy up during the meeting.

#AGS21  
#AGSProud

### Get social!

Log into MyAGSONline.AmericanGeriatrics.org to check out the AGS Member Forum and continue the conversation outside of conference sessions. Speakers and attendees can use our community to discuss their favorite topics and network or collaborate on new ideas. Even better: MyAGSONline now has a built-in virtual Mentor Program, allowing mentors and mentees to connect on their own time!

Look online  
for the  
program  
schedule!

### Charge your devices

Make sure your batteries are 100% before you get started, and keep your laptop and phone chargers nearby. You don't want to accidentally drop out of a session when your device runs out of juice!

Register at  
Meeting:  
AmericanGeriatrics  
.org

### Check out the SIGs

Our 30+ Special Interest Groups (SIGs) give you the opportunity to take a deep dive into your favorite topics. Join as many SIG sessions as possible to network with colleagues who share your interests!

### Come back for the recordings

All attendees will have access to session recordings for anything they missed!

Also, be sure to follow along and share on Twitter. @AmerGeriatrics will be sharing meeting highlights, and we invite everyone to use the tag #AGS21 to share their favorite takeaways from the meeting. (Cute pet and baby "co-worker" pictures are encouraged, too!)

