

CANINE FITNESS SUMMIT 2026

BUILD THE BODY

TRAIN THE BRAIN

ELEVATE THE GAME



SCAN ME

Join us for an energizing
fitness experience!

JULY 25-26

ncsuvetce.com/canine-fitness-summit-2026/

DATE, TIME & LOCATION

JULY 25-26, 2026 - Saturday/Sunday

Day 1: 8 am - 6:30 pm, Day 2: 8 am - 5:30 pm

North Carolina State University, College of Veterinary Medicine

1060 William Moore Drive

Raleigh, NC 27607

REGISTRATION FEE'S

Early Bird Registration Fee (US Funds):

\$699.00 expires May 25th, 2026, then Full Price \$749.00

\$649.00 for CSCC Students/Graduates

Fee Includes: Welcome Bag, All educational tracks offered, exhibits, modality lounge, panel discussion, "social", breakfast, breaks and lunch both days.

Registration covers general admission for all lectures/lab demos. If you want to be a handler in a lab demo, additional fees apply. We have limited lab handler spots available. (6 per lab, select at checkout)

HOTEL SUGGESTIONS

Hotel Suggestions with discounted rooms:

1. Hampton Inn & Suites Raleigh Cary Lenovo Center, 111 Hampton Woods Ln, Raleigh, NC, 27607, - #919-233-1798 - \$139/night
2. Ramada by Wyndham Raleigh, 1520 Blue Ridge Road, Raleigh, NC, 27607 - #919-832-4100 - \$89.00/night

Suggestions (best rate available):

3. Four Points by Sheraton Raleigh Arena, Points by Sheraton, 1200 Hurricane Alley Way, Raleigh, NC, USA, 27607 - #919-854-0502
4. Wingate by Wyndham State Arena Raleigh/Cary, 6115 Corporate Ridge Road, Raleigh, NC 27607 - #919-480-8693
5. Hyatt Place Raleigh / Cary, 710 Corporate Center Dr, Raleigh, NC, USA, 7607 -#919 233 2205
6. Hilton Garden Inn Crabtree, 3912 Arrow Dr, Raleigh, NC 27612 - 919-703-2525

CONFERENCE SPEAKERS

- Bobbie Lyons, CSCC, CCFT, KPA CTP professional Dog Trainer
- Dr. Sherman Canapp, DVM, MS, CCRT, DACVS, DACVSMR
- Jamie Sheehan, CSCC, CCFT, Professional Dog Trainer
- Dr. Britt Carr Benson, DVM, Sports Medicine Specialist
- Woojin Byeon, CSCC, CCFT, KPA, CTP
- Susanna Choi, CSCC, CCFT, KPA CTP
- Dr. Raymond Jeong, DVM, MS, Ph.Dc.
- Kirsten Holt, CSCC, CCFT, Professional Dog Trainer
- Dr. Beth Bauer, DVM, CCRP, CCAT, CCMT
- Julie Jenkins, Professional Dog Trainer
- Angela Brown, BS, CESMT, CCMT, CSCC
- Cassie Hancock, CSCC

TOPICS COVERED

- Fueling the Canine Athlete: Nutrition for Performance, Recovery, and Longevity
- Forelimb Performance: Prevention, Diagnosis, Treatment & Rehabilitation
- Hindlimb Performance: Prevention, Diagnosis, Treatment & Rehabilitation
- Hands-on Palpation and ROM
- Adapting Fitness Principles to Dogs with Hip Dysplasia
- Movement Matters: Targeted Fitness for Arthritic Dogs
- Movement as Medicine
- Confidence Building Through Fitness
- Turning Movement Skills Into Winning Drills
- Lose the Lure / Handler Position
- Dog Sport Exercises
- Fitness for Large Dogs
- Process of Returning To Activity After Injury
- Fitness for Small Dogs
- Posture Matters: Identifying Overlooked Details in Assessment
- Leadership and Confidence Building
- Building Skills Through Equipment
- Panel discussions

Social Opportunity

Join us Friday Night 7/24 @ Rush Hour Karting – 7 pm – 9 pm

Kick off the weekend with some fun!!

(If interested, please select the option and checkout!)

SATURDAY SCHEDULE - Day 1

DAY ONE:

8:00 am - 8:45 am

Welcome & Keynote Case Study - Dr. Beth Bauer

9:00 am - 10:00 am

Lecture:

Fueling the Canine Athlete, Nutrition for Performance, Recovery, and Longevity - Dr. Raymond Jeong

9:00am - 11:00 am

Lecture/Lab:

Forelimb Performance: Prevention, Diagnosis, Treatment & Rehab - Start to Finish - Dr. Sherman Canapp

10:00 am - 11:00 am

Lab: Building Skills Through Equipment: Jamie Sheehan

11:00-11:15 - Break

11:15 am - 1:15 pm

Lecture/Lab:

Movement as Medicine - Woojin Beyon

11:15 am - 1:15 pm

Lecture/Lab:

Dog Sport exercises - Fitness for Flyball, Agility, and Disc - Julie Jenkins

1:15 pm - 2:15 pm - Lunch

2:15 pm - 4:15 pm

Lecture/Lab: Hindlimb Performance: Prevention, Diagnosis, Treatment & Rehab - Start to Finish - Dr. Sherman Canapp

2:15 pm - 4:15 pm

Lecture/Lab: The Essential Role of Massage in Maximizing Canine Fitness - Angela Brown

4:15 pm - 4:30 pm - Break

4:30 pm - 5:30 pm

Lecture: Optimizing Performance and Recovery: The Role of Fitness and Conditioning in the Canine Athlete - Dr. Britt Carr Benson

4:30 pm - 5:30 pm

Lecture: Movement Matters: Targeted Fitness for Arthritic dogs - Dr. Beth Bauer

5:30 pm - 6:30 pm

Panel Discussion - Collaboration and the team approach to canine wellness

SUNDAY SCHEDULE - Day 2

DAY TWO:

8:00 am - 8:45 am

Welcome & Keynote Case Study - Woojin Byeon

9:00 am - 11:00 am

Lecture/Lab:

Turning Moving Skills into Winning Drills with Interval Training -
Bobbie Lyons

9:00 am - 11:00 am

Lecture/Lab:

Lose the Lure / Handler Position - Jamie Sheehan

11:00-11:15 - Break

11:15 am - 1:15 pm

Lecture/Lab:

Confidence building through Fitness - Jamie Sheehan

11:15 am - 1:15 pm

Lecture/Lab:

Large Dog Fitness - What if I don't fit? - Cassie Hancock

1:15 pm - 1:45 pm - Lunch

1:45 pm - 2:45 pm - Panel Discussion

3:10 pm - 4:10 pm

Lecture:

Managing Hip Dysplasia Through Fitness and Conditioning - Bobbie Lyons

3:10 pm - 5:10 pm

Lecture/Lab:

Fitness for small and tiny dogs - Woojin Byeon

4:10 pm - 5:10 pm

Lab:

Posture Drives Fitness - Identifying Details in Posture Assessment for Fitness -
Kirsten Holt

5:10 pm - 5:30 pm

End of day discussion and closing

DESCRIPTIONS

Forelimb Performance: Prevention, Diagnosis, Treatment and Rehab - Start to Finish- Dr. Sherman Canapp

Lecture: What do you do when a dog presents as having performance issues, but is not lame?

And what do you do if a subtle Forelimb lameness does not respond to rest, NSAID, and returns the moment training ramps up again?

The real challenge that precedes successful treatment is often an accurate diagnosis, followed by periodic reassessment and adjustment of rehab protocols. In many cases, compensatory pain patterns mask the true source of injury, making clinical evaluation feel like chasing shadows.

Lab: This session breaks that cycle.

You'll practice an orthopedic-sports medicine exam – a systematic, hands-on approach for palpation-driven diagnosis and localization techniques that cuts through misleading clinical signs and pinpoints where, in the shoulder, elbow, or carpus, the true source of pain lies – joint, soft tissue, or both?

We'll connect those findings to smart, targeted treatment planning – integrating rehabilitation therapy, strength programming, regenerative medicine, manual therapy, and, when truly indicated, minimally invasive arthroscopy.

Additional Hands-on Vet Workshop Outcomes

Veterinary Attendees will:

- Identify, palpate, diagnose, and treat common soft-tissue shoulder injuries – including Supraspinatus Tendinopathy, Biceps Tendinopathy, and Medial Shoulder Syndrome.
- Differentiate and manage primary elbow conditions – including elbow dysplasia, elbow osteoarthritis, and jump-down syndrome – even when compensatory pain blurs the clinical picture.
- Apply a multimodal strategy for osteoarthritis management across life stages – juvenile to geriatric, mild to advanced – combining rehabilitation, medical management, regenerative medicine, and surgical indications when appropriate.

Fueling the Canine Athlete: Nutrition for Performance, Recovery, and Longevity - Dr. Raymond Jeong

Lecture: Nutrition plays a critical role in building, maintaining, and restoring the canine athlete. This lecture dives into the science of energy metabolism and how to appropriately fuel dogs for both performance and recovery. We will explore optimal protein intake and amino acid support for muscle maintenance, repair, and adaptation, as well as the role of targeted nutrition in minimizing inflammation and enhancing tissue recovery.

DESCRIPTIONS

(Lecture continued), Fueling the Canine Athlete: Nutrition for Performance, Recovery, and Longevity - Dr. Raymond Jeong

Participants will gain a deeper understanding of how nutritional strategies can directly impact strength development, injury prevention, and successful rehabilitation outcomes. Practical applications will include feeding approaches to support dogs in active training, post-injury recovery, and return to sport.

In addition, this lecture addresses the unique nutritional needs across the lifespan. We will cover evidence-based approaches for supporting aging dogs, including strategies to combat muscle loss and maintain function, as well as considerations for dogs experiencing muscle wasting due to injury or inactivity. Key nutritional do's and don'ts for growing puppies will also be discussed to help set the foundation for long-term soundness and performance.

Whether you are working with elite sport dogs, active companions, or dogs in rehabilitation, this session will provide actionable, science-based guidance to help you fuel for performance, recovery, and longevity.

Building Skills Through Equipment - Jamie Sheehan

Lab: In this hands-on lab, participants will use a variety of stable and unstable equipment to improve key performance and fitness skills. Exercises will focus on sit posture, start-line stays, collection, and powering from the rear, along with other strength and coordination challenges designed to enhance body awareness and precision.

Movement as Medicine - Woojin Byeon & Susanna Choi

Overview: What if every squat, stretch, and step your dog takes was as intentional as a prescription? In this presentation, we dive into the art and science of prescribing movement—choosing the right exercise, at the right intensity, for the right body. You'll learn how structure and movement interact, how to spot compensations before they turn into injuries, and how targeted exercise can act like medicine—strengthening muscles, stabilizing joints, and activating the cardiovascular, digestive, and circulatory, systems.

Lecture: Prescribing the Right Exercise for the Right Body

Movement isn't just "more activity." For a dog, the type of movement matters as much as the amount. This session will show how to read a dog's structure—its posture, gait, and joint alignment—and match it to specific exercises that correct imbalance, build stability, and optimize whole-body function. You'll discover how fitness can proactively support heart health, improve circulation, and even aid digestion, and how to design programs that meet a dog exactly where it is. This is movement with purpose, where each exercise is a precise dose in a carefully crafted prescription

DESCRIPTIONS

Movement as Medicine - Woojin Byeon & Susanna Choi

Lab – Live Prescriptions in Action, Bring your dog and step into the role of a canine fitness practitioner. In this interactive lab, you'll assess your dog's posture and movement patterns, then learn how to prescribe exercises that address their specific needs. Each station targets a different “dose” of movement—building strength, refining coordination, enhancing joint stability, and stimulating internal health systems. You'll leave with a custom mini-program for your own dog, plus the skill to adjust exercises like a true movement specialist, ensuring every repetition is safe, effective, and therapeutic.

Hindlimb Performance: Prevention Diagnosis, Treatment, and Rehabilitation - Start to Finish - Dr. Sherman Canapp

Lecture: What do you do when a dog shows only subtle hindlimb lameness — or simply feels weak in the hindlimb area without a clear limp?

And how do you determine whether the root issue is iliopsoas, hip, or stifle when the history and clinical signs look nearly identical?

To keep performance dogs sound, the approach must span the entire lifecycle of an injury:

- prevent problems when possible, diagnose accurately when they occur, treat effectively, rehabilitate progressively, and prevent recurrence.

When any stage is incomplete or unclear, results stall.

Lab: This session provides that full roadmap.

We'll bridge diagnostic insight to treatment decisions, including accurate diagnostics, strengthening progressions, and rehabilitation strategies, collaboration with veterinary teams using regenerative medicine, and when minimally invasive procedures can accelerate return to performance — all with a focus on long-term injury prevention.

Additional Hands-on Vet Workshop Outcomes

Attendees will:

1. Identify, palpate, diagnose, and treat one of the most common soft-tissue hindlimb issues — iliopsoas strains.
2. Understand how to identify, palpate, diagnose, and treat common stifle conditions — including early partial stable cranial cruciate ligament injuries (low-grade sprains), complete cranial cruciate ligament tears, caudal cruciate ligament (“PCL”) injuries, and meniscal injuries.
3. Adapt rehabilitation when multi-region involvement is present — ensuring treatment progresses based on the true primary injury rather than secondary compensation.
4. Apply a full-cycle, multimodal strategy for hindlimb performance management — spanning prevention, treatment, rehabilitation, regenerative therapies, and long-term re-injury prevention.

DESCRIPTIONS

Fitness for Flyball, Agility, and Disc - Julie Jenkins

Lecture: Through guided instruction and practical application, attendees will: Learn proper mechanics and safe progression for pop-ups to help create an explosive motion for takeoff strength and core engagement. Develop precise side-stepping behaviors to build lateral stability, hind-limb control, and strength for tight turns and rapid changes of direction. Understand how to integrate these exercises into sport-specific conditioning programs for Flyball, Agility, and Disc dogs. Evaluate form and muscle engagement to ensure participants understand the correct movement patterns needed to enhance performance and reduce injury risk.

Lab This hands-on lab focuses on sport-specific fitness drills designed to enhance performance, coordination, and strength in dogs participating in Flyball, Agility, and Disc. Participants will learn how to teach pop-up and side-stepping exercises to improve power, core stability, and lateral movement—key components for fast, balanced, and injury-resistant sport dogs. This lab combines observation, hands-on coaching, and real-time feedback so each participant leaves with practical skills to implement in training and conditioning sessions.

The Essential Role of Massage in Maximizing Canine Fitness - Angela Brown

Lecture: Canine massage plays a significant and multi-faceted role in a dog's fitness, benefiting not just athletic or working dogs, but dogs of all ages and activity levels. Therapeutic massage is the essential complement to go beyond the norm and discover the power of bodywork that not only primes the athlete for peak performance but also ensures your everyday companion moves with comfort, strength, and ease. The session will provide techniques you can start using right away! Learn how massage rapidly addresses muscle soreness, corrects mobility issues, and maximizes the functional movement necessary.

Lab: This dedicated Lab session is where you turn theory into touch. You'll practice essential massage techniques under guidance, learning to detect and resolve muscle tension that limits mobility. These at-home methods are the perfect complement to any dog's fitness routine, ensuring you support muscle growth and prevent injury. You'll leave with the practical skill set to maximize recovery and guarantee your dog moves with strength and comfort every day.

DESCRIPTIONS

Optimizing Performance and Recovery: The Role of Fitness and Conditioning in the Canine Athlete - Dr. Britt Carr Benson

Lecture: This lecture explores the critical role of fitness and conditioning in the prevention of injury and the facilitation of safe return to sport in the canine athlete. Attendees will gain an understanding of how structured, sport-specific conditioning programs can enhance performance, improve musculoskeletal resilience, and reduce the risk of common injuries in performance canines. This session will cover practical strategies for assessing fitness, tailoring conditioning plans, and monitoring readiness to return to sport. Whether you work with agility dogs, working breeds, or canine companions engaged in recreational activity, this lecture will provide actionable insights into integrating conditioning as both a preventative and rehabilitative tool.

Learning Objectives:

- Understand the foundational principles of fitness and conditioning in canine athletes.
- Identify key components of injury prevention through targeted conditioning.
- Recognize the role of conditioning in rehabilitation and safe return-to-sport protocols.
- Apply assessment and progression strategies to optimize outcomes in canine sports medicine.

Movement Matters: Targeted Fitness for Arthritic Dogs - Dr. Beth Bauer

Lecture: Arthritis doesn't have to mean the end of activity. In this session, we'll explore safe and effective fitness strategies that support joint health, reduce discomfort, and build strength for dogs living with arthritis. Attendees will learn practical exercises, equipment options, and how to navigate conversations with owners about pain management and progression guidelines that keep dogs moving comfortably while improving quality of life.

DESCRIPTIONS

Turning Movement Skills into Winning Drills with Interval Training - Bobbie Lyons

Lecture: This engaging lecture explores how to transform basic canine movement skills into performance-driven interval drills that improve strength, focus, and precision. Attendees will learn how to support key movement patterns such as acceleration, deceleration, directional changes, and body awareness as well as strategically combine them into interval sequences that challenge both the dog's mind and body. The session will cover how to select appropriate work-to-rest ratios, progress difficulty, and adapt exercises for a variety of performance sports as well as very active pet dogs. Participants will leave with a clear understanding of how interval-based training enhances fitness, engagement, and long-term performance outcomes for dogs at any level.

Learning Objectives:

- Understand the principles of canine interval training and movement pattern development
- Learn how to transition from isolated movement skills to integrated interval drills
- Explore ways to tailor intervals for sport-specific conditioning and mental engagement
- Identify safety, timing, and progression strategies for dogs at various fitness levels

Lab: This practical lab brings interval training to life as participants apply lecture concepts through hands-on work with dogs. Participants will be able to participate in an interval sequences that blend movement skills such as pop-ups, side steps, forward drive, and core engagement (TBD) into functional drills that build power, balance, and focus. Participants will learn how to reinforce high-energy intervals while maintaining form and control. Emphasis will be placed on reading the dog's movement, adjusting for precision, and using positive reinforcement to keep motivation high throughout each round.

Key Takeaways:

- Feel what it is like to strengthen and balance your dog through interval training.
- Reinforce proper form and timing during high-intensity work
- Adapt drills for dogs at different conditioning levels
- Gain experience structuring safe, efficient intervals

NOTE: Dogs participating in this lab should have prior experience with basic foundation behaviors. The level and intensity of each exercise will be adjusted to suit individual dogs, ensuring that every participant can safely build skill, confidence and endurance.

DESCRIPTIONS

Lose the Lure/Handler Position - Jamie Sheehan

Lecture: While luring fitness behaviors can be helpful in the beginning, it often makes achieving stillness and correct positioning for any duration much harder. Do you find yourself constantly trying to jockey your dog into position while they mug your lure hand or trip over equipment? Are your clients getting frustrated because their dog pushes at the treat hand instead of building true strength and body awareness?

Join me for this interactive lecture and lab to learn practical strategies that make canine workouts quicker, clearer, and more effective—without relying on a lure.

You'll discover how to:

- Adjust your handler position to improve your dog's weight shift and balance
- Teach quick and easy behaviors that promote stillness and form
- Use targeting skills to make advanced exercises more achievable and precise

By the end of this session, you'll have new tools to create smoother, more efficient fitness sessions that build confidence, engagement, and proper muscle activation.

Lab: Building Skills with Equipment - In this hands-on lab, participants will use a variety of stable and unstable equipment to improve key performance and fitness skills. Exercises will focus on sit posture, start-line stays, collection, and powering from the rear, along with other strength and coordination challenges designed to enhance body awareness and precision

Confidence Building through Fitness - Jamie Sheehan

Lecture/Lab: Confidence is one of the many powerful benefits seen in dogs who participate regularly in canine fitness. Fitness is a choice-based activity—our dogs build the most strength and resilience when they're invited to opt in, rather than being placed on equipment.

In this series, we'll explore how to strategically use fitness to improve ring confidence, environmental comfort, and the ability to navigate unfamiliar terrain and locations. You'll learn how to incorporate a variety of surfaces, platforms, and unstable equipment while setting the dog up for success at every step. Whether you're working with puppies, shy "wallflowers," or dogs that already seem confident, you'll come away with practical strategies to help each dog develop genuine confidence through thoughtful, choice-based fitness experiences.

DESCRIPTIONS

Large Dog Fitness - What if I don't fit? - Cassie Hancock

Lecture: How to address the fitness needs of your large breed dog.

This lecture on large dog fitness addresses key principles essential for maintaining the health and well-being of larger breeds. The content emphasizes evidence-based exercise regimens and conscientious equipment selection to support joint and muscle function and overall physical condition. When developing exercise programs for large dogs, it is imperative to prioritize activities that are both safe and effective, ensuring correct form through equipment specifically suited to the dog's size. Selecting and configuring appropriate equipment plays a critical role in preserving joint integrity and minimizing injury risk during physical activity. Utilizing suitable tools and surfaces reduces impact stress and facilitates sustained joint health.

Attendees will acquire practical insights into designing comprehensive fitness plans for large dogs, encompassing exercise selection, tailored equipment setup, and routine adjustments based on each dog's familiarity with exercises, current fitness level, and physical capabilities.

Lab: In person adaptations for your large breed dog.

The canine fitness industry often appears to cater primarily to medium-sized dogs weighing 40-50 pounds. This can present challenges for owners of larger breeds seeking appropriate equipment for their dogs. In our live laboratory session, we will provide guidance on adjusting fitness routines to accommodate bigger dogs. Special attention will be given to maintaining correct form during each exercise and addressing necessary equipment modifications to effectively support the unique needs of larger canines.

DESCRIPTIONS

Managing Hip Dysplasia Through Fitness and Conditioning - Bobbie Lyons

Lecture: From puppies diagnosed early to seniors with chronic changes, hip dysplasia affects dogs across life stages. This presentation will highlight evidence-based fitness interventions that strengthen key muscle groups, enhance range of motion, and support long-term joint health. Participants will gain practical, adaptable tools for working with dogs at all activity levels.

Small Steps, Big Impact: Fitness Principles for Small and Tiny Dogs - Woojin Byeon & Susanna Choi

Lecture: Small and tiny dogs face unique fitness challenges. Because of their light body weight and the tendency to be carried, they often miss out on consistent ground contact—leading to weaker stabilizing muscles, postural imbalances, and reduced body awareness. This lecture explores how to recognize these issues and design fitness programs that restore grounding and functional strength.

We will discuss:

- The structural characteristics of small and tiny dogs and how they affect movement
- Common postural and stability problems linked to lack of weight-bearing
- How intentional movement supports musculoskeletal and overall health in smaller breeds
- Principles for adapting fitness exercises and equipment to match their scale

This session provides a clear framework for turning everyday movement into a structured “fitness prescription” for the smallest canine bodies.

Lab: Grounded Training: Practical Fitness Techniques for Small and Tiny Dogs
In this interactive lab, participants will work directly with their own small or tiny dogs to apply the principles from the lecture. The focus will be on grounding—helping dogs develop confidence and stability through safe, structured contact with the floor.

Participants will learn:

- Specialized handling techniques that respect the size and sensitivity of small dogs
- How to introduce and progress weight-bearing exercises without overwhelming fragile joints
- Practical use of scaled fitness equipment
- Step-by-step progressions to build strength, coordination, and stability in small bodies
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At the end of this workshop, attendees will leave with hands-on experience, customized exercises, and the confidence to design effective fitness plans that empower small and tiny dogs to move with strength and security.

DESCRIPTIONS

Posture Drives Fitness— Identifying Details in Posture Assessment for Fitness - Kirsten Holt

Lab:

This lecture takes a deep dive into the critical role posture plays in canine fitness and performance. Fitness starts with the Posture Assessment. Subtle postural changes often reveal early signs of compensation, weakness, or discomfort. Yet, they're among the most commonly overlooked details during assessment. Participants will learn how to evaluate posture in the stand, sit, and down positions to identify asymmetries, shifting, or uneven loading that may impact movement and performance. Through photo and video examples, attendees will gain a trained eye for spotting these nuances and learn how to connect postural findings to targeted fitness plans.

Learning Objectives:

- Recognize the key postural indicators of imbalance, weakness, or discomfort
- Training guidance to aid with the Posture Assessment
- Evaluate posture across multiple positions (stand, sit, down)
- Learn how postural assessment informs exercise selection and progression.

EXHIBITOR INFORMATION

Questions: Email us @ info@neseminars.com

Deliver to:

NC State College of Veterinary Medicine
Office of Continuing Education
Attn: Dane Johnston/John Cole
1060 William Moore Drive
Raleigh, NC 27607
Hold for Fitness Summit 7/25

Copy Nicolethistle@neseminars.com with tracking information
Include package/box count

NCSU will start accepting deliveries on Wednesday, July 15th
No deliveries after Thursday, July 23rd

Set up Friday, July 24th : Noon to 6:00 pm

Return Shipping Instructions:

NCSU will put out a flat cart that all of the boxes and packages can be placed on, which they will take directly to shipping and receiving
Boxes must be sealed and labels attached
FedEx picks up 5 days a week