Technology & Innovation Summit North America

Austin & Digital

November 2, 2025 – November 5, 2025

Agenda downloaded: September 16, 2025 06:26:05 PM ET

12:00 pm – 3:00 pm CDT	**AI Innovation Lab: Build. Deploy. Compete. (In-Person Only)** Speakers: Elizabeth Cullen, Researcher, Forrester Madeline Cyr, Researcher, Digital Retail, Forrester William McKeon-White, Senior Analyst, Forrester Sudha Maheshwari, VP, Research Director, Forrester
3:00 pm – 4:30 pm CDT	**Forrester Women's Leadership Program: Imagine The Impossible — Insights From Top Headhunters, CIOs, And CHROs** Speakers: Chioma Onwuanibe, VP, CIO Executive Partner, Forrester Tanya Hart, Chief Human Resources Officer, First Horizon National Corporation Reena Tiwari, Chief Information Officer, LexisNexis+AI Kay Fuhrman, Partner, Heidrick & Struggles
3:30 pm – 4:30 pm CDT	**Workshop: Going Beyond The Deal Means Building Strong Vendor Relationships And Negotiating For Success (Pre-Registration Required)** Speakers: Faram Medhora, Principal Analyst, Forrester Kalyan Sumanam, VP, Principal Consultant, Forrester
3:30 pm – 4:30 pm CDT	**Workshop: Building A Future-Ready Cloud Strategy: From Ambition To Action (Pre-Registration Required)** Speakers: Lee Sustar, Principal Analyst, Forrester Lauren Nelson, VP, Research Director, Forrester
4:45 pm – 6:00 pm CDT	**Technology & Innovation Summit Certification: High-Performance IT Strategy (Pre-Registration Required)** **Workshop: Build Your High-Performance IT Strategy And Roadmap To Drive Business Value (Pre-Registration Required)** Speakers: Bobby Cameron, VP, Principal Analyst, Forrester Chris Gallacher, VP, Principal Consultant, Forrester
4:45 pm – 6:00 pm CDT	**Technology & Innovation Summit Certification: Data & AI Readiness (Pre-Registration Required)** **Workshop: Assess Your AI And Data Readiness (Pre-Registration Required)** Speakers: Kim Herrington, Senior Analyst, Forrester Aaron Katz, Vice President, Research Director, Forrester
4:45 pm – 6:00 pm CDT	**Executive Leadership Exchange (Invite-Only): Welcome & Kickoff** Speakers: Joe O'Brien, VP, CIO Executive Programs TL, Forrester Greg Willrich, VP, Executive Partner, Forrester
6:00 pm – 7:00 pm CDT	**Welcome Reception**
6:00 pm – 7:00 pm CDT	**Executive Leadership Exchange (Invite-Only): Welcome Reception**

Monday, Nov 3

8:00 am – 9:00 am CDT	**General Breakfast**
9:00 am – 9:30 am CDT	**Welcome & Opening Remarks** Speakers: George Colony, CEO, Forrester Stephanie Balaouras, VP, Group Director, Forrester
9:30 am – 10:00 am CDT	**Keynote: Agentic To AGI — It's The Journey, Not The Destination** Speakers: Brian Hopkins, VP, Emerging Tech Portfolio, Forrester
10:00 am – 10:30 am CDT	**Keynote: Use The AI Moment To Achieve Your High-Performance Ambitions** Speakers: Ted Schadler, VP, Principal Analyst, Forrester
10:40 am – 11:30 am CDT	**Marketplace Coffee Break & Networking (In-Person Only)**
10:50 am – 11:20 am CDT	**Analyst-Led Roundtables (Pre-Registration Required)** **Industry Roundtable: AI, FinTech, and Real-Time Everything - The Future of Banking** Speakers: JT Thykattil, VP, Research Director, Forrester **Industry Roundtable: The Future of Cloud In Healthcare** Speakers: Tracy Woo, Principal Analyst, Forrester **Industry Roundtable: Future-Ready Or Future-Risky? Navigating The Uncertainty Of Emerging Tech** Speakers: Indranil Bandyopadhyay, Principal Analyst, Forrester
10:55 am – 11:25 am CDT	**Executive Leadership Exchange (Invite only): Exclusive Keynote Q&A** Speakers: Brian Hopkins, VP, Emerging Tech Portfolio, Forrester Joe O'Brien, VP, CIO Executive Programs TL, Forrester George Colony, CEO, Forrester
11:00 am – 12:00 pm CDT	**Workshop: Become THE Human In The AI Loop : Discover Your Data Literacy Persona (Pre-Registration Required)** Speakers: Kim Herrington, Senior Analyst, Forrester

Monday, Nov 3

11:30 am – 12:00 pm CDT	**Breakout Sessions**	
	LEADERSHIP, TALENT, AND CULTURE	**TECHNOLOGY STRATEGY AND ENTERPRISE ARCHITECTURE**
	Are You A Better Boss Than A Bot? Level Up Your Leadership Skills For An AI-Infused World Speakers: Katy Tynan, VP, Principal Analyst, Forrester	**Building Your Roadmap On The Road To High Performance** Speakers: Bobby Cameron, VP, Principal Analyst, Forrester
	CLOUD, INFRASTRUCTURE, AND OPERATIONS	**BUSINESS APPLICATIONS AND APPLICATION DEVELOPMENT**
	When To Customize Tech For Industry Optimization Speakers: Andre Kindness, Principal Analyst, Forrester	**The Enterprise App Evolution: From Critical Asset To Strategic Enabler** Speakers: Joe Cicman, Principal Analyst, Forrester Linda Ivy-Rosser, VP, Research Director, Forrester
	DATA ARCHITECTURE, PLATFORMS, AND MANAGEMENT	**AI STRATEGY AND TECHNOLOGY**
	Semantic Layer 2.0: A Key Enabler For Successful Analytics And Agentic AI Apps Speakers: Boris Evelson, Vice President, Principal Analyst, Forrester	**From Agent-ish to Agentic: A Practical Guide to AI Agent Capabilities** Speakers: Craig Le Clair, Vice President, Principal Analyst, Forrester Rowan Curran, Principal Analyst, Forrester

12:10 pm – 12:40 pm CDT	**Case Study Sessions (In-Person Only)**
12:40 pm – 1:40 pm CDT	**Lunch & Marketplace Break (In-Person Only)**
12:40 pm – 2:25 pm CDT	**Executive Leadership Exchange (Invite Only): Exclusive Networking Lunch** **ELE Fireside Chat: Achieving Success - A Technology Leader's View** Speakers: Chris Pendergast, SVP and CTO, Henry Schein Alan Hanson, VP, Executive Partner, Forrester

Monday, Nov 3

1:40 pm – 2:25 pm CDT	**Breakout Sessions**

LEADERSHIP, TALENT, AND CULTURE	TECHNOLOGY STRATEGY AND ENTERPRISE ARCHITECTURE
Increase Your Organization's AI Readiness With AIQ And TCQ Speakers: James McQuivey, VP, Research Director, Forrester	**Learn The Common Approaches To Gaining A Complete View Of Total Cost Of Ownership** Speakers: Tracy Woo, Principal Analyst, Forrester Greg Zorella, Principal Analyst, Forrester

CLOUD, INFRASTRUCTURE, AND OPERATIONS	BUSINESS APPLICATIONS AND APPLICATION DEVELOPMENT
Achieving Proactive IT Support For Better Employee Experience: AI-Enabled Technologies And Lean Operations Speakers: Julie Mohr, Principal Analyst, Forrester Carlos Casanova, Principal Analyst, Forrester	**Don't Fire Your Developers! - AI Elevates Your Development Workforce Strategy** Speakers: Bob Schukai, Senior VP of Marketing, Communications and Enterprise Services Technology, PNC Bank Chris Gardner, VP, Research Director, Forrester

DATA ARCHITECTURE, PLATFORMS, AND MANAGEMENT	AI STRATEGY AND TECHNOLOGY
Building The IT– Data Connection: A Leadership Recipe For AI Success Speakers: Ted Schadler, VP, Principal Analyst, Forrester	**Manage Your AI Value Delivery — Dollars And Sense** Speakers: Brian Hopkins, VP, Emerging Tech Portfolio, Forrester Michael Demissie, Managing Director and Head of Applied AI and Practice, BNY

2:35 pm – 3:05 pm CDT	**Case Study Sessions (In-Person Only)**

Monday, Nov 3

3:15 pm – 3:45 pm CDT	**Breakout Sessions**

LEADERSHIP, TALENT, AND CULTURE	TECHNOLOGY STRATEGY AND ENTERPRISE ARCHITECTURE
Build Or (Re-)Build Your Team's Culture Speakers: Angelina Gennis, Principal Analyst, Forrester	**A New Horizon For Enterprise Architecture** Speakers: Charles Betz, VP, Principal Analyst, Forrester
CLOUD, INFRASTRUCTURE, AND OPERATIONS	**BUSINESS APPLICATIONS AND APPLICATION DEVELOPMENT**
AI PCs, Windows 10 EOL: The Future Of End User Computing Speakers: William McKeon-White, Senior Analyst, Forrester Michele Pelino, VP, Principal Analyst, Forrester	**The Rise Of The Digital Workforce — How To Get Past Innovation And Theater To Practical Application Using HCM Systems Of Record** Speakers: Akshara Naik Lopez, Senior Analyst, Forrester James McQuivey, VP, Research Director, Forrester
DATA ARCHITECTURE, PLATFORMS, AND MANAGEMENT	**AI STRATEGY AND TECHNOLOGY**
Knowledge Graphs, Meet LLMs: A Symbiotic Approach To (Agentic) AI Speakers: Indranil Bandyopadhyay, Principal Analyst, Forrester	**Strategic AI Platform Acquisition For Tech Leaders** Speakers: Mike Gualtieri, VP, Principal Analyst, Forrester

3:15 pm – 4:15 pm CDT	**Workshop: Scope Your AI Agent Future (Pre-Registration Required)** Speakers: Rowan Curran, Principal Analyst, Forrester Kate Leggett, Vice President, Principal Analyst, Forrester
3:45 pm – 4:35 pm CDT	**Marketplace Coffee Break & Networking (In-Person Only)**
3:55 pm – 4:25 pm CDT	**Analyst-Led Roundtables (Pre-Registration Required)** **Better Than A Magic 8 Ball: Predictions From The Wizards** Speakers: Mark Moccia, VP, Research Director, Forrester **The Strategic Importance Of Smart Buildings And Smart Spaces** Speakers: Michele Pelino, VP, Principal Analyst, Forrester
3:50 pm – 4:35 pm CDT	**Forrester Women's Leadership Program: Level Up Your Passion: Define and Disrupt (Pre-Registration Encouraged)** Speakers: Linda Ivy-Rosser, VP, Research Director, Forrester Tanya Hart, Chief Human Resources Officer, First Horizon National Corporation Elga Lohler, Chief Human Resources Officer, Smith & Nephew
4:35 pm – 4:50 pm CDT	**Welcome Back** Speakers: Stephanie Balaouras, VP, Group Director, Forrester

Monday, Nov 3

4:50 pm – 5:20 pm CDT	**Keynote: AI Inside: The Rise Of The Intelligent IT Operating Model** Speakers: Charles Betz, VP, Principal Analyst, Forrester
5:20 pm – 5:50 pm CDT	**Keynote: FinOps And Beyond: Scaling Tech For The Future Without Breaking The Bank** Speakers: Tracy Woo, Principal Analyst, Forrester Prashant Vithlani, Head of Division, Cloud, Network, and Security, Samsung SDS America
6:00 pm – 7:00 pm CDT	**Reception**

Tuesday, Nov 4

8:00 am – 9:00 am CDT	**General Breakfast**
8:00 am – 9:00 am CDT	**Government Networking Breakfast**
8:00 am – 9:00 am CDT	**Ignite Program Breakfast (Invite Only)** Speakers: Srividya Sridharan, VP, Group Director, Forrester
9:00 am – 9:10 am CDT	**Welcome Back**
9:10 am – 9:40 am CDT	**Keynote: Data Readiness Drives AI Results** Speakers: Indranil Bandyopadhyay, Principal Analyst, Forrester
9:40 am – 10:10 am CDT	**Keynote: Forrester's 2025 Technology Awards** Speakers: Sharyn Leaver, Chief Research Officer, Forrester
10:15 am – 11:05 am CDT	**Marketplace Coffee Break & Networking (In-Person Only)**
10:20 am – 11:05 am CDT	**Get The Most From Forrester (Pre-Registration Required)** Speakers: Jenna Wohead, Director, Product Management, Forrester

Tuesday, Nov 4

10:25 am – 10:55 am CDT	**Analyst-Led Roundtables (Pre-Registration Required)** **AI's Most Critical Ally: IT Sustainability** Speakers: Abhijit Sunil, Senior Analyst, Forrester **Overcome Your Cybersecurity And Risk Fears To Enable AI Use** Speakers: Heidi Shey, Principal Analyst, Forrester **VMware Contract Negotiations: Peer Strategies, Timing, And The VCF Decision** Speakers: Naveen Chhabra, Principal Analyst, Forrester
10:30 am – 11:00 am CDT	**A Government Deep Dive: FinOps & Beyond** Speakers: Tracy Woo, Principal Analyst, Forrester Devin Dickerson, Principal Analyst, Forrester
10:35 am – 11:35 am CDT	**Workshop: The Hidden Costs: Managing Tech Debt Through M&A and Organizational Change (Pre-Registration Required)** Speakers: Linda Ivy-Rosser, VP, Research Director, Forrester Mark Moccia, VP, Research Director, Forrester
11:05 am – 11:35 am CDT	**Breakout Sessions**

LEADERSHIP, TALENT, AND CULTURE	TECHNOLOGY STRATEGY AND ENTERPRISE ARCHITECTURE
A Conversation with EPAM on Building an Adaptive, AI-Ready Workforce Speakers: Fiona Mark, Principal Analyst, Forrester Sandra Loughlin, Chief Learning Scientist, EPAM Systems	**Build A Value Driven Portfolio For High Performance IT** Speakers: Margo Visitacion, VP, Principal Analyst, Forrester
CLOUD, INFRASTRUCTURE, AND OPERATIONS	**BUSINESS APPLICATIONS AND APPLICATION DEVELOPMENT**
Trends and Technologies Shaping The Digital Workplace Speakers: Cheryl McKinnon, Principal Analyst, Forrester	**Collapsing The SDLC: The Impact Of AI On DevOps** Speakers: Andrew Cornwall, Senior Analyst, Forrester
DATA ARCHITECTURE, PLATFORMS, AND MANAGEMENT	**AI STRATEGY AND TECHNOLOGY**
Data Alchemy - Understanding Data Monetization Speakers: Zeid Khater, Analyst, Forrester	**Open-Source AI: Betting Smart With Forrester's Framework** Speakers: Mike Gualtieri, VP, Principal Analyst, Forrester

11:45 am – 12:15 pm CDT	**Case Study Sessions (In-Person Only)**
12:15 pm – 1:15 pm CDT	**Lunch & Marketplace Break (In-Person Only)**

Tuesday, Nov 4

12:15 pm – 1:15 pm CDT	**AR Exchange Luncheon**
12:15 pm – 2:00 pm CDT	**Executive Leadership Exchange (Invite Only): Exclusive Networking Lunch** **ELE Fireside Chat: Innovation for All Seasons** Speakers: Nathalie D'Hers, CVP, Microsoft Employee Experience, Microsoft Joe O'Brien, VP, CIO Executive Programs TL, Forrester
1:15 pm – 2:00 pm CDT	**Breakout Sessions**

LEADERSHIP, TALENT, AND CULTURE	TECHNOLOGY STRATEGY AND ENTERPRISE ARCHITECTURE
Diagnosing Your Organizational Effectiveness: A Helpful Framework You Can Actually Use Speakers: Betsy Summers, Principal Analyst, Forrester	**How Enterprise Architecture Enables Winning Technology Outcomes** Speakers: Mark Moccia, VP, Research Director, Forrester
CLOUD, INFRASTRUCTURE, AND OPERATIONS	**BUSINESS APPLICATIONS AND APPLICATION DEVELOPMENT**
The Age Of AI Observability And DevOps: An Evolutionary Approach To Keep You From Extinction Speakers: Carlos Casanova, Principal Analyst, Forrester	**The Importance Of Spend Management And Cost Optimization: "Happy Spouse, Happy House" — The Two Must Go Together** Speakers: Faram Medhora, Principal Analyst, Forrester Greg Zorella, Principal Analyst, Forrester
DATA ARCHITECTURE, PLATFORMS, AND MANAGEMENT	**AI STRATEGY AND TECHNOLOGY**
The Modern Data Platform Enables Your AI Vision Speakers: Aaron Katz, VP, Research Director, Forrester	**AI In The Operational Trenches: ModelOps, FinOps, DataOps, ITOps** Speakers: Rowan Curran, Principal Analyst, Forrester Tracy Woo, Principal Analyst, Forrester Venkat Achanta, EVP and Chief Technology, Data & Analytics Officer, TransUnion

2:10 pm – 2:40 pm CDT	**Case Study Sessions (In-Person Only)**

Tuesday, Nov 4

2:50 pm – 3:20 pm CDT	**Breakout Sessions**

LEADERSHIP, TALENT, AND CULTURE	TECHNOLOGY STRATEGY AND ENTERPRISE ARCHITECTURE
Beyond The Noise: Designing Digital Employee Experiences That Work In The Age Of AI Speakers: David Johnson, Principal Analyst, Forrester	**Navigating A Year Full Of Volatility** Speakers: Mark Moccia, VP, Research Director, Forrester
CLOUD, INFRASTRUCTURE, AND OPERATIONS	**BUSINESS APPLICATIONS AND APPLICATION DEVELOPMENT**
Seal The Deal For Tech Modernization For Day 2 In The Cloud Speakers: Lee Sustar, Principal Analyst, Forrester	**Battle Royale: Monoliths Vs. Microservices** Speakers: David Mooter, Principal Analyst, Forrester Devin Dickerson, Principal Analyst, Forrester
DATA ARCHITECTURE, PLATFORMS, AND MANAGEMENT	**AI STRATEGY AND TECHNOLOGY**
Metadata Matters: Power Agentic AI With Context, Connectivity, And Control Speakers: Jayesh Chaurasia, Senior Analyst, Forrester	**AEGIS - A Strategic Shield For CISOs To Protect The Agentic Enterprise** Speakers: Jeff Pollard, VP, Principal Analyst, Forrester

2:50 pm – 3:50 pm CDT	**Workshop: Data Strategy On A Page (Pre-Registration Required)** Speakers: Boris Evelson, Vice President, Principal Analyst, Forrester Chris Gallacher, VP, Principal Consultant, Forrester
3:25 pm – 4:15 pm CDT	**Marketplace Coffee Break & Networking (In-Person Only)**
3:25 pm – 4:10 pm CDT	**Forrester Women's Leadership Program: Empowering Disruption - Mentorship, Leadership, and Advancing Women in Tech** Speakers: Chioma Onwuanibe, VP, CIO Executive Partner, Forrester Nathalie D'Hers, CVP, Microsoft Employee Experience, Microsoft
3:35 pm – 4:05 pm CDT	**Analyst-Led Roundtables (Pre-Registration Required)** **Industry Roundtable: From Ideation To Impact: Accelerating The Adoption Of Innovation In Government** Speakers: Devin Dickerson, Principal Analyst, Forrester **Industry Roundtable: Turn Chaos Into Commerce: Unstructured Data In CPG/Retail** Speakers: Zeid Khater, Analyst, Forrester **Industry Roundtable: Does Modern Manufacturing Need MOM?** Speakers: Gordon Barnett, Principal Analyst, Forrester

Tuesday, Nov 4

4:15 pm – 4:30 pm CDT	**Welcome Back** Speakers: Stephanie Balaouras, VP, Group Director, Forrester
4:30 pm – 5:00 pm CDT	**Keynote: The AI Agent Revolution Is Reshaping Business Applications Into An Intelligent Business Fabric** Speakers: Kate Leggett, Vice President, Principal Analyst, Forrester
5:00 pm – 5:30 pm CDT	**Keynote: Build Infrastructure As Platforms To Master Growth, Agility, And Governance** Speakers: Brent Ellis, Principal Analyst, Forrester
5:30 pm – 6:30 pm CDT	**Reception**

Wednesday, Nov 5

8:00 am – 9:00 am CDT	**General Breakfast**
9:00 am – 9:10 am CDT	**Welcome Back** Speakers: Stephanie Balaouras, VP, Group Director, Forrester
9:10 am – 9:40 am CDT	**Keynote: Lead And Master Change** Speakers: Katy Tynan, VP, Principal Analyst, Forrester

9:55 am – 10:25 am CDT	**Breakout Sessions**

LEADERSHIP, TALENT, AND CULTURE	**TECHNOLOGY STRATEGY AND ENTERPRISE ARCHITECTURE**
Change Leadership: Tools For You To Manage Change Now Speakers: Katy Tynan, VP, Principal Analyst, Forrester	**Strategic Roadmap Governance From Bottleneck to Resilience Engine.** Speakers: Gordon Barnett, Principal Analyst, Forrester
CLOUD, INFRASTRUCTURE, AND OPERATIONS	**BUSINESS APPLICATIONS AND APPLICATION DEVELOPMENT**
Data Center Innovations For An Intelligent Age: AI, Optical, And Energy Technologies Speakers: Dr. Ning Lin, Chief Economist, Bureau of Economic Geology Alvin Nguyen, Senior Analyst, Forrester Abhijit Sunil, Senior Analyst, Forrester	**Architecting for Simplicity: Developing a Strategic Sourcing Plan for Portfolio Consolidation** Speakers: Bill Martorelli, Principal Analyst, Forrester
DATA ARCHITECTURE, PLATFORMS, AND MANAGEMENT	**AI STRATEGY AND TECHNOLOGY**
Know Your Customer: Combine Structured and Unstructured Data for Deeper Insights Speakers: Zeid Khater, Analyst, Forrester	**AI Disrupts And Reinvigorates Cognitive Search — And It's Essential For Agentic** Speakers: Rowan Curran, Principal Analyst, Forrester

9:55 am – 10:55 am CDT	**Workshop: Demystifying AI Security: A Practical Guide to Getting Started (Pre-Registration Required)** Speakers: Jeff Pollard, VP, Principal Analyst, Forrester Heidi Shey, Principal Analyst, Forrester
10:25 am – 11:00 am CDT	**Marketplace Coffee Break & Networking (In-Person Only)**
10:30 am – 11:00 am CDT	**Analyst-Led Roundtables (Pre-Registration Required)** **The Next Disruption: Are You Using Scenario Planning To Be Ready Or Just Reacting?** Speakers: Mark Moccia, VP, Research Director, Forrester Greg Willrich, VP, Executive Partner, Forrester **AI Everything, Everywhere And All At Once: How To Win With AI-Powered Business Applications** Speakers: Kate Leggett, Vice President, Principal Analyst, Forrester Linda Ivy-Rosser, VP, Research Director, Forrester

11:00 am – 11:30 am CDT	**Breakout Sessions**

LEADERSHIP, TALENT, AND CULTURE	**TECHNOLOGY STRATEGY AND ENTERPRISE ARCHITECTURE**
How to Coach Your Team Through Change Speakers: Betsy Summers, Principal Analyst, Forrester	**Operationalizing Your Strategy Against A Backdrop Of Volatility** Speakers: Gordon Barnett, Principal Analyst, Forrester Bobby Cameron, VP, Principal Analyst, Forrester Margo Visitacion, VP, Principal Analyst, Forrester
CLOUD, INFRASTRUCTURE, AND OPERATIONS	**BUSINESS APPLICATIONS AND APPLICATION DEVELOPMENT**
Trailblazers And Titans: Innovators, Rising Stars, And Hardware Giants Speakers: Naveen Chhabra, Principal Analyst, Forrester Brent Ellis, Principal Analyst, Forrester Octavio Garcia Granados, Senior Analyst, Forrester Lauren Nelson, VP, Research Director, Forrester	**Balance Enterprise Application Investments With Business Realities** Speakers: Faram Medhora, Principal Analyst, Forrester Sean McCormick, Principal Consultant, Forrester
DATA ARCHITECTURE, PLATFORMS, AND MANAGEMENT	**AI STRATEGY AND TECHNOLOGY**
Governance By Design Fuels Trusted AI Speakers: Jayesh Chaurasia, Senior Analyst, Forrester	**To Federate Or Not To Federate Data And AI Org Structure** Speakers: Boris Evelson, Vice President, Principal Analyst, Forrester

11:30 am – 11:50 am CDT	**Welcome Back** Speakers: Stephanie Balaouras, VP, Group Director, Forrester
11:50 am – 12:20 pm CDT	**Keynote: Predictions 2026** Speakers: Srividya Sridharan, VP, Group Director, Forrester
12:20 pm – 12:30 pm CDT	**Closing Remarks** Speakers: Stephanie Balaouras, VP, Group Director, Forrester
12:30 pm – 12:45 pm CDT	**Grab-and-Go Lunch**