

When	Where	What	Who
<i>Morning Session</i>			
9:00 -10:30 am		Maintaining Physical, Emotional & Spiritual Wellbeing	Vanessa Emerson
10:30 – 10:45 am		Break	
10:45 – 11:10 am		Yes! You CAN Fit in Fitness	Dr. Jennifer Murphy
11:10 – 11:35 am		Conscious Choice Making	Dr. Laura Schwindt
11:35 - Noon		Self-Awareness & Self-Preservation	Dr. Mary Shipp
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Noon – 1:00 pm		Lunch (served in Canyon Ballroom)	
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1:00 – 1:25 pm		Elevate Relationships through Emotional Intelligence	Kathy Asted
1:25 - 1:50 pm		Financial Wellness	Shannon Blackmon
1:50 – 2:15 pm		The Benefits of Laughter Yoga	Dr. Laura Collatz
2:15 – 2:30 pm		Debrief	Vanessa Emerson
2:30 – 2:45 pm		Break	
2:45 – 4:00 pm		Closing Session	Dr. Victoria Peterson & Vanessa Emerson