

## DRAFT AGENDA

	<b>Thursday – January 30, 2020</b>	<b>Rooms</b>		<b>Friday – January 31, 2020</b>	
7:30 -8:30 a.m.	Check-in	Hotel Lobby	6:00 – 6:45 a.m.	Early Morning Fitness Opportunities Fitness Boot Camp/ Morning Mindful Meditation/ Walk/Swim/Fitness Room	
7:45 – 8:30 a.m.	Networking Morning Refreshments	Vinalhaven	7:15 – 8:00 a.m.	Networking Morning Refreshments	Vinalhaven
8:30 – 9:00 a.m.	Welcome & Introductions Mary Herman, Office of Commissioner, Special Projects Rich Meserve, Director of the Office Of SSS	Rockland/ Rockport	8:00 – 8:15 a.m.	Day 2 Kick-off and Announcements Steve Bailey - MSMA	Rockland/ Rockport
9:00 – 11:30 a.m.	Keynote Presentation: <i>At Our Best, So Those Around Us Can Be at Their Best</i> by Murray Banks	Rockland/ Rockport	8:15 – 10:15 a.m.	Keynote Presentation: <i>Life, Work, and the Pursuit of Balance</i> by George Manning	Rockland/ Rockport
11:30 – 12:15	Lunch and Networking MEABT Ambassador of the Year	Vinalhaven	10:15 – 11:45 a.m.	Winter Wellness Summit Expo	North Haven
12:15 – 1:25 p.m.	Winter Wellness Recess Time (See below)	Ultimate Backyard	11:30 – 12:30 p.m.	Lunch and Wellness Time	Vinalhaven
1:25 – 1:35 p.m.	Transition & Hot Beverages	Knox County Hall	12:30 – 1:15 p.m.	Building A Culture of Wellness: Create a Plan & Work the Plan	Rockland/ Rockport
1:35 - 2:20 p.m.	Personal Wellness Plenary Sessions: <i>Programming Your Subconscious Mind to Live Your Dream!</i> by Stacey Vannah	Rockland/ Rockport	1:15 – 1:50 p.m.	Mini Sessions Round 1 – Listed Below	
2:20– 2:30 p.m.	Transition, Hot Beverages & Snack	Knox County Hall	1:50 – 2:00	Transition & Break	Knox County Hall
2:30 – 3:30 p.m.	Breakout Sessions Round 1 – Listed Below		2:00 – 2:35 p.m.	Mini-sessions Round 2 – Listed Below	
3:30 – 3:40 p.m.	Transition & Hot Beverages	Knox County Hall	2:35 – 2:45 p.m.	Transition & Snacks	Knox County Hall
3:40 – 4:40 p.m.	Breakout Sessions Round 2 – Listed Below		2:45 – 3:35 p.m.	<i>Lightening Your Life with Laughter</i> By Carol Phillips	Rockland/ Rockport
4:40 – 5:10 p.m.	1 – 2 – 3 ACTION...Plan – Reflection on the Day	Rockland/ Rockport	3:35 – 3:45 p.m.	Wrap up and Next Steps	Rockland/ Rockport
5:30 – 6:30 p.m.	Buffet Dinner	Vinalhaven			

## DRAFT AGENDA

6:30 – 7:30 p.m.	Team Building for Wellness with George & Murray	Rockland/ Rockport/ Camden			
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### Wellness Recess:

**Outdoor:** Snowshoeing Clinic and/or Fat Tire Bikes, Maine Sport Outfitters, Sledding, Walking, Running, Snow Cornhole, Snowperson Building...

**Indoor:** Fitness room, Swimming, Yoga, Cornhole games, Wii Games, Meditation room, Chat by the Fireplace...

Schoolsite Wellness Session Topics		Schoolsite Wellness Session Topics	
<b>Intuitive Eating: Discovering the Satisfaction Factor</b> with Andrea Paul, Registered Dietitian Schooner Room		<b>Vaping: A Look Behind the Smokescreen</b> with Kristen McAuley, MaineHealth Center for Tobacco Independence (CTI) Camden Ballroom	
<b>No Cost/Low Cost Physical Activity Programs</b> with Michael Booth, Wellness Director at MEABT Owls Head Room		<b>Tools to Address Mental Health and Promote Mental Wellness</b> with Nicole Foster NAMI Maine Rockport Ballroom	
<b>Dance is for Every-Body!</b> Katie Tranzillo, Joyful Dance Camden Ballroom		<b>Mindful Educators = Mindful Kids</b> with Kellie Bailey, Certified Mindfulness Meditation Teacher Schooner Room	
<b>Bring Financial Wellness Within Everyone's Reach</b> with Michelle Crocker, KeyBank Spruce Head Room		<b>Helping People Through Change</b> with George Manning, Psychology Professor Northern Kentucky University and Leadership Specialist Rockland Ballroom	
<b>Paint Your Way to Wellness</b> with Adele Drake, Art Teacher in RSU 22 PenBay Room		<b>Balancing our Dysregulated Brains: Applying Neuroscience to Be Our Best Selves</b> with Bear Shea, Mental Health Specialist, Maine DOE PenBay Room	
		<b>Budget Implications for Wellness: A Conversation with Administration</b> with Brittany Layman and Tom Nash (Offered first rotation only) Ebb Tide Room	