DRAFT Schedule and Session Topics

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|  | **Thursday – January 30, 2020**  |  | **Friday – January 31, 2020** |
| 7:45 – 8:30 a.m. | Check-in and NetworkingMorning Refreshments | 6:00 – 6:45 a.m. | Early Morning Wellness and Fitness Opportunities |
| 8:30 – 9:00 a.m.  | Welcome and introductions | 7:30 – 8:00 a.m. | Check-in and NetworkingMorning Refreshments |
| 9:00 – 11:30 a.m. | Keynote Presentation: *At Our Best So Everyone Around Us Can Be at Their Best* by Murray Banks | 8:00 – 8:15 a.m.  | Welcome and announcements |
| 11:30 – 12:15 | Lunch  | 8:15 – 10:15 a.m. | Keynote Presentation:*Life, Work, and the Pursuit of Balance* by George Manning |
| 12:15 – 1:15 p.m. | Wellness Recess – Indoor and outdoor wellness opportunities | 10:15 – 11:45 a.m. | Winter Wellness Expo |
| 1:15 – 1:20 p.m. | Transition with warm beverages | 11:30 – 12:30 p.m. | Lunch and Wellness Time |
| 1:20 – 12:20 p.m. | Personal Wellness Plenary Session: *Programming Your Subconscious Mind* by Stacey Vannah*Happiness Matters!* by Dawn Littlefield | 12:30 – 1:15 p.m. | Building A Culture of Wellness:*Create a Plan & Work the Plan* |
| 2:20– 2:30 p.m. | Transition  | 1:15 – 1:45 p.m. | Mini Sessions Round 1 – Listed Below |
| 2:30 – 3:30 p.m. | Sessions Round 1 – Listed Below | :45 – 1:50 p.m. | Transition/Break  |
| 3:30 – 3:40 p.m. | Transition/Snack Break | 1:50 – 2:20 p.m. | Mini Sessions Round 2 – Listed Below |
| 3:40 – 4:40 p.m. | Sessions Round 2 – Listed Below | 2:20 – 2:30 p.m. | Snacks available while moving |
| 4:40 – 5:10 p.m.  | Processing the day  | 2:30 – 3:30 p.m.  | *Developmentally Appropriate Technology: When Is It Too Much?* by Dr. Michael Ross (To Be Confirmed) |
| 5:30 – 6:30 p.m. | Dinner (Buffet at Samoset) | 3:30 – 3:40 p.m. | Wrap up |
| 6:30 – 7:30 p.m. | Team Building Activity  |  | Safe Travels |

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| **Schoolsite Wellness Session Topics** |  | **Schoolsite Wellness Session Topics** |
| **Intuitive Eating: Discovering the Satisfaction Factor**with Andrea Paul, Registered Dietician(To Be Confirmed) |  | **Vaping: A Look Behind the Smokescreen** with Emily Moores, Maine Center for Disease Control and Kristin McAuley, MaineHealth Center for Tobacco Independence (CTI)  |
| **No Cost/ Low Cost Physical Activities for Schools** Michael Booth, Wellness Director at MEABT |  | **Tools to Address Mental Health and Promote Mental Wellness** with Mae L’Heureux, NAMI Maine(To Be Confirmed) |
| **Health Rhythms - Wellness Drumming for Mind, Body and Spirit** with Carol Richards, CwC Drum Circles (To Be Confirmed) |  | **Mindfulness Educators = Mindful Kids** with Kellie Bailey, Certified Mindfulness Meditation Teacher(To Be Confirmed) |
| **Bringing Financial Wellness Within Everyone’s Reach** with Michelle Crocker, KeyBank |  | **Adapting with Change** with George Manning, Psychology Professor Northern Kentucky University and Leadership Specialist |
| **TBD** |  | **Budget Implications for Wellness** with Brittany Layman and Tom Nash |