

	Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20
11 -12 pm	Group Wellness Walk – Across Campus	Group Wellness Walk – Across Campus	Group Wellness Walk – Across Campus	Group Wellness Walk – Across Campus	Group Wellness Walk – Across Campus
12 – 1 pm	<p><b>“Mindfulness and Well-Being”</b></p> <p>Mindfulness is the ongoing awareness in the present moment of what is going on within us and around us, with acceptance. As we practice mindfulness we become aware of our reactivity and triggers which cause us experience stress and conflict or ill-being. By working with deeply with triggers we can eventually experience greater well-being and improved relationships. In this workshop participants will be introduced to the practice of R.A.I.N. (Recognize, Allow, Investigate, and Nurture). Participants will learn use mindfulness and the steps of R.A.I.N. to improve their well-being.</p> <p>Tim Pedigo Ph.D</p> <p>Engbretson Hall</p>	<p><b>Institutional Wellness Committee Panel - Come talk with us and tell us how we can support your wellness</b></p> <p>Christopher Dignam CEHD, Frank Czuba CHHS, Robert Garcia COB, Miwa Ito CAS, Amy Kelly CEHD, Somi Nagaraj CHHS, Lisa Pennington CEHD, Uday Shinde COB, Illeana Ungureau CEHD, Megan VanGorder CAS</p> <p>Engbretson Hall</p>	<p><b>“Outlive: The Science and Art of Longevity”</b></p> <p>Wouldn’t you like to live longer? And better? In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health.</p> <p>Regardless of whether you have read the book or not, please join us for an interactive discussion about how to incorporate these strategies into our lives.</p> <p>Institutional Wellness Committee</p> <p>Engbretson Hall</p>	<p><b>"Cultivating Spiritual Wellness through Pathways of Compassion and Connection."</b></p> <p>In this session, participants will explore how engaging in compassionate acts and nurturing meaningful connections can foster spiritual wellness.</p> <p>Dustin Hogan MOT, OTR/L</p> <p>Engbretson Hall</p> <p><b>Wellness Expo 12 – 3 PM</b> <b>Local vendors, community and student organizations, service providers</b></p> <p>Hall of Governors</p>	<p><b>“What Spirituality can bring to Higher Education: A Practical and Research Based Perspective”</b></p> <p>This workshop/session will be about the impact of spirituality in the higher education community, its implications for students, faculty and staff. The potential to further DEI goals will also be explored. Finally, a meditation session will be held to end the session.</p> <p>Dr. Uday Shinde Ph.D, MS</p> <p>Hall of Honors</p>
1 – 2 pm	<p><b>“Re-imagining Health for Your Future Self. Incorporating Strategies to Live a Long and Healthy Life”</b></p> <p>This workshop will introduce participants to the eight dimensions of wellness that support longevity, health-span and happiness. Explore strategies that will make your future self thank you for how you lived.</p> <p>Frank Czuba DrOT, OTR/L</p> <p>Engbretson Hall</p>	<p><b>“Self-Care and Preventing Burnout”</b></p> <p>This experiential workshop will explore strategies for managing stress with goal of preventing burnout. Participants will examine the biological and psychological impacts of stress and the signs and symptoms of burnout. Participants will also review healthy coping, self-care, and stress management practices for fostering an increased sense of wellbeing.</p> <p>Jessica Love Jordan Ph.D, LCPC, NCC, CADC</p> <p>Engbretson Hall</p>	<p><b>“Building Resilience: Building Strength from Within”</b></p> <p>This workshop is designed to provide participants with practical tools and insights to strengthen emotional resilience in both personal and professional aspects of life. Through interactive activities, guided exercises, and case study discussion, participants will learn strategies to manage stress, support the important people in their life and develop a resilient mindset.</p> <p>Renee Garbe Ph.D, LMSW</p> <p>Engbretson Hall</p>	<p><b>“Surveying the impact of an animated infographic with interviews on the awareness of stroke signs and symptoms”</b></p> <p>An animated infographic video with stroke survivor interviews was developed to help the community understand what a stroke is, signs/symptoms, what to do, importance immediate care, and how to prevent stroke. A survey follows the infographic. The impact of this media on awareness of stroke will be explored and a stroke awareness and prevention toolkit will be unveiled.</p> <p>Jessica Bonner Ph.D, CCC-SLP, Nicole Bing, Ph.D., CCC-SLP</p> <p>Engbretson Hall</p>	<p><b>“Yoga: Techniques to Enhance Mindful Movement for Healthy Living”</b></p> <p>This session requires no previous experience and is meant for all bodies. Learn ways to focus and calm your thoughts while clearing out tension in your back, hips and shoulders. Participate at any level you are comfortable using guided movements that link mind and body. Leave feeling refreshed and restored. Most movement will be seated in a chair or standing if able.</p> <p>Julia McDonald BFA, MOT, OTR/L</p> <p>Hall of Honors</p>

<p>2 – 3 pm</p>	<p><b>“Emotion in Motion: How the Mind – Body Partnership is the Best One Available”</b>          In this workshop participants will learn a dynamic method that transforms basic walking into a powerful tool for your wellness tool box. This technique is not only safe and effective, it is also fun. You will learn the technique itself, and the science behind it. Participants will gain an increased understanding of the powerful roles; the brain and body have in mental health and overall wellness.</p> <p>Dr. Sharon Black LCPC, Psy.D</p> <p>Engbretson Hall</p>	<p><b>“The Power of Words: Transform Your Life with Positive Affirmations”</b>          Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes. This workshop will explore the ways affirmations can have a healing power and will include exercises to guide participants in creating their own.</p> <p>Kim Major-Ford Psy.D, M.S. Ed</p> <p>Engbretson Hall</p>	<p><b>“Living Sensationally”</b>          Your individual sensory patterns affect the way you react to everything that happens to you through the day. By understanding your own sensory patterns, you will be able to strategize on ways to keep you in the “just right” moment.</p> <p>Caren Schranz DrOT, MS, OTR/L</p> <p>Engbretson Hall</p>	<p><b>“Service Providers - Empowering Patients Through Shared Decision Making”</b>          This workshop provides an introduction to shared decision making (SDM) and patient decision aids. Participants will be able to explain how patient decision aids can support evidence that SDM increases patient knowledge and involvement in decisions, improves risk perception, and reduces decisional conflict and uncertainty.</p> <p>Tonya Roberson PhD, MPH, DTR, Terri Chairese</p> <p>Engbretson Hall</p> <p><b>Wellness Expo 12 – 3 PM</b>  <b>Local vendors, community and student organizations, service providers</b></p> <p>Hall of Governors</p>	<p><b>“Preparing yourself to be Fiscally Fit”</b>          This workshop explores the basics of personal finance – budgeting, protection, accumulation. Building your “financial house” to provide mental and fiscal well-being.</p> <p>Tom Peterson CFP</p> <p>Hall of Honors</p>
<p>3 – 4 pm</p>	<p><b>“The Hunger Strike”</b>          This workshop explores how awareness of food scarcity highlights health disparities, economic burdens, and social inequities in impacted communities. Participants will learn how to use available resources to make a healthy meal on a limited budget every night. Come join us for this fun, interactive and educational workshop. Prizes will be awarded.</p> <p>Grace Bette OTS, Nikayla Gordon OTS, Rachel Peterson OTS, Jennifer Winge BSW, Lauryn Perry CHS, Leslye Williams CHS</p> <p>Hall of Honors</p>	<p><b>“Ingredients to a Better Mental Health”</b>          This workshop explores how our mental health can be affected by big or small things in life regardless of whether we have a diagnosed condition or not. Participants will learn simple techniques to help promote positive mental health in their lives. Learn stress relieving techniques to incorporate into your daily life.</p> <p>Eric Garcia OTS, Rachel Hinkel OTS, Martina Youssef OTS, Denise Clemente BSW, Barbara Broschat CHS</p> <p>Hall of Honors</p>	<p><b>“Let’s Talk About (Safe) Sex”</b>          This workshop aims to educate those who are sexually active or want to be sexually active about sexually transmitted infections (STIs). Participants will learn about STIs, how to prevent them, and resources on where to find support. Come with an open mind and leave your judgement at the door. This will be a judgement free zone.</p> <p>Alyssa Kraus OTS, Kaley Sheehan OTS, Stacy Tokarz OTS, Monika Thomas SWS, Stephanie Miles CHS</p> <p>Engbretson Hall</p>	<p><b>“The Library as a Rejuvenating and Contemplative Space and Place”</b>          Contemporary libraries have moved away from a passive collection-based space to an active space for experience, involvement, empowerment, and inspiration, as well as a local meeting point (agora, bazaar &amp; piazza). This intentional transformation is a design model based on four different overlapping ‘spaces’: the inspiration space, the learning space, the meeting space and the performative space. These four spaces’ overall objective is to support the evolving needs of a varied patron base.</p> <p>Jan Figa Ph.D, MSLIS</p>	<p><b>“Am I Considered a Substance User or Misuser?”</b>          This workshop will educate participants on the difference between substance use, misuse and addiction. Participants will participate in mindfulness breathing, learn when substance use becomes misuse, and the prevention methods / treatment for substance use disorder. Come with an open mind and leave your judgement at the door. This will be a judgement free zone.</p> <p>Jeshua Banks OTS, Landry Ludwig OTS, Nayeli Orozco OTS, Alexis Hamilton SWS, Kathleen Red CHS</p> <p>Hall of Honors</p>

				Engbretson Hall	
4 – 5 pm	<p><b>“Mind Over Matter – Gentle Chair Yoga”</b></p> <p>This workshop requires no previous yoga experience and participants are encourage to join in at the level they feel most comfortable. Participants will learn ways to focus and calm their thoughts while clearing tension in the body guided movements that connect mind over matter. Leave this workshop relaxed and rejuvenated.</p> <p>Kennedy Blackwell OTS, Kelly Dunn OTS, Rachel Paw OTS, Stephanie Gardner BSW, Yasmin King CHS</p> <p>Hall of Honors</p>	<p><b>“Connect and Cultivate”</b></p> <p>This workshop is an opportunity to come and have a great time and meet new people with participants engaging in mindfulness meditation and fun activities interacting with other GovState community members. Participants will learn how relationships are essential for physical health and psychological well-being while getting an opportunity to jump start new relationships within the community.</p> <p>Jacob Jackowski OTS, Kenna Kleinert OTS, Liu Yuanqin OTS, Sonya Hoard BSW, Shanice Jennings CHS, Amber Mulder CHS</p> <p>Hall of Honors</p>	<p><b>“Mental Wellness: A Journey Toward a Happier You”</b></p> <p>This workshop will explore different health techniques to address stressful situations and improve overall cognitive function with the use of vagus nerve stimulation. Participants will increase their awareness of serious mental issues within our community and how effective holistic strategies and techniques can be implemented to help us become happier, healthier versions of ourselves.</p> <p>Chandler Mahood OTS, Alicia Watson OTS, Emmie Stanifer OTS, Tyla Walton SWS, Christina Khoury CHS</p> <p>Engbretson Hall</p>	<p><b>“Preventing Tragedy: Opioid Education”</b></p> <p>This workshop aims to educate participants about substance use, specifically opioid misuse and addictions. Participants will engage in breathing activities, watch a short video about opioids, test their knowledge of the causes of overdoses and how to prevent them in the community and learn some helpful coping techniques.</p> <p>Alexis Golden OTS, Paige Oliver OTS, Colin O’Donnell OTS, Kajal Patel OTS, Madison Mauss SWS, Marwa Hulais CHS, Julieanne Ortiz CHS</p> <p>Hall of Honors</p>	<p><b>“Sleep Health – Catching ZZ’s”</b></p> <p>This workshop will explore healthy sleep management and how unhealthy habits can negatively impact our sleep. Participants will learn about the importance of sleep and practice mindfulness techniques and healthy habits to support their nightly sleep routine.</p> <p>Sandra Pisarek OTS, Katie Slager OTS, Janhvi Sheth OTS, Andrew Snider SWS, Journey Hurd CHS, Carlee Lankford CHS</p> <p>Hall of Honors</p>
5 – 6 pm			<p><b>Live to 100 – Secrets of the Blue Zones</b></p> <p>This entertaining and informative documentary travels around the world to investigate the diet and lifestyles of those living the longest lives.</p> <p>Dan Buettner, bestselling author and founder of Blue Zones explores the science and lifestyles behind longevity.</p> <p>Engbretson Hall</p>		
6 – 7 pm			<p><b>Live to 100 – Secrets of the Blue Zones continues</b></p> <p>Engbretson Hall</p>		