

NOT FOR DISTRIBUTION OUTSIDE OF THE COMMITTEE OR PRESENTERS

SCHEDULE FOR VIRTUAL HEALTH AND WELLNESS FIELD DAY

- | | | | | |
|----------------|---|---|---|--------------------|
| 12:00 to 12:15 | - | Introduction | - | Douglas Steinhardt |
| | | | - | Laura Richter |
| | | | - | Kelly Shelton |
| 12:15 to 12:20 | - | Break before Speaker | | |
| 12:20 to 12:40 | - | Stretching and Yoga by Mary Ellen Cappetta | | |
| 12:40 to 12:50 | - | Break before Speaker | | |
| 12:50 to 1:20 | - | Michael "Kirsch" Kirschner - Hypnogenician, Speaker | | |
| 1:20 to 1:30 | - | Break before Speaker | | |
| 1:30 to 1:40 | - | Scavenger Hunt | | |
| 1:40 to 1:50 | - | Break before Speaker | | |
| 1:50 to 2:35 | - | Dr. Jay Kantor - EFT techniques and exercises | | |
| 2:35 to 2:45 | - | Break before Speaker | | |
| 2:45 to 3:15 | - | Elise Drennon | | |
| 3:15 to 3:25 | - | Break before Speaker | | |
| 3:25 to 3:40 | - | Kindness Rocks by Penelope Griffin FSO | | |
| 3:40 to 3:45 | - | Break before Speaker | | |
| 3:45 to 4:00 | - | Tic Toc by Amanda O'Neill | | |
| 4:00 to 4:05 | - | Break before Speaker | | |
| 4:05 to 5:00 | - | Talk with T.O.N.E-z | - | |
| 5:00 to 5:05 | - | Break before Speaker | | |
| 5:05 to 5:15 | - | Guided Meditation by Mary Ellen Cappetta | | |
| 5:15 | - | Closing | | |