

## Wellness Workshop Schedule:

10 AM: Welcome and Introductions. Overview of the Eight Steps to Healthy Living

10:15-11:15 Combating Fatigue and Burnout

Tired? Near burnout? Learn some techniques to flourish and thrive in today's high paced world.

11:15-11:45 Q&A, Mind-body Exercise: Progressive Muscle Relaxation

11:45-12:30 Integrative Sleep Health

Understand the integrative approach to sleep health, including environmental, dietary and internal "noise" that can disrupt sleep. Learn some tips to assist sleep onset and how to remain asleep till morning.

12:30-1:30 Anti-Inflammatory Lunch

1:30- 1:45 Walking Meditation

2:00-3:15 The Anti-Inflammatory Diet

Learn about the power of nutrition in preventing and treating chronic diseases like heart disease, diabetes, depression and arthritis.

3:15-3:30 Healthy refreshment break

3:30-4:30 Healing Mind and Body: Take Control of Your Health & Well-Being

Recognize the connection between mind and body, and participate in a variety of mind-body therapies such as Guided Imagery, Meditation and Autogenic Training.

4:30- 5:00 Summary and Final Questions

Create your own personalized "Toolkit for Thriving"