

Morning Sessions:

Intensive track 10:15am- 12:00pm	Round #1 10:15am Start	Round #2 11:15am Start
Soul Painting- Liba Zweigbaum Herman	Post-traumatic Growth- Cami Smalley	Leveraging Capacity- North Memorial Health
	Creative Writing- Jack El-Hai	Creative Journaling- Natalie Lu
	Food at the Intersection- Jenny Breen	Self-Acupressure- Michael Gardos Reid
Forgiveness- Mary Hayes Grieco	Wellness Vision- Aleisha Theisen	Creating Calm- Paula Forte
	Renew, Release & Restore- Kari Ealy	Connections through Music- Alicia Little
	Yoga Nidra- James Orione	Yoga Nidra- James Orione

Afternoon Sessions:

Intensive track 1:00pm- 2:45pm	Round #1 1:00pm Start	Round #2 2:00pm Start
Forest Bathing- Sara Holger	Leveraging Capacity- North Memorial Health	Leveraging Capacity- North Memorial Health
	Self-Acupressure- Michael Gardos Reid	Creative Journaling- Natalie Lu
	Intentional Boundaries- Kenzie Wilcox	Post-traumatic growth- Cami Smalley
Creating a Creative Practice- Kristin Peterson	Creating Calm- Paula Forte	Wellness Vision- Aleisha Theisen
	Sound Bath- Julie Lentz	Sound Bath- Julie Lentz
	Mindful Movement- Bekah Rieke	Renew, Release & Restore- Kari Ealy