

Session Schedule by Room Number

Council Chamber	8:00 am - 9:30 am	OPENING REMARKS AND KEYNOTE SPEACHES	Various speakers
Council Chamber	9:45 am - 10:45 am	HEART HEALTH	Dr. Neal A. Scott
West Plaza	11:00 am - 12:00 pm	DRUM CIRCLE PARTICIPATION	Hands-On Drumming
West Plaza	2:15 pm - 3:15 pm	DRUM CIRCLE PARTICIPATION	Drummm Rythmic Events

Bamboo Garden	11:00 am - 12:00 pm	SUMMER CUISINE - FAST AND SASSY	Chef Laura Stec - Kaiser
Bamboo Garden	1:00 pm - 2:00 pm	I HATE COOKING - NOW WHAT?	Chef Laura Stec - Kaiser
T-549	2:15 pm - 3:15 pm	FITNESS AND YOUR BRAIN: AVOIDING DEMENTIA	Beth Weisberg - MHN

W-120	9:45 am - 10:45 am	COOL CUISINE	Dr. Eugene Cordero
W-120	11:00 am - 12:00 pm	PROTECT YOUR SKIN FROM SUN DAMAGE	Blue Shield
W-120	1:00 pm - 2:00 pm	AIR QUALITY AND LUNG HEALTH	American Lung Association
W-120	2:15 pm - 3:15 pm		
W-120	3:30 pm - 4:30pm	COLON CANCER-DETECTION AND PREVENTION	American Cancer Society

T-644	9:45 am - 10:45 am	HELPING YOUR CHILD LOSE WEIGHT	Pam Wright - MHN
T-644	11:00 am - 12:00 pm	HELPING YOUR CHILD LOSE WEIGHT	Pam Wright - MHN
T-644	1:00 pm - 2:00 pm	WALKING TO HEALTH	Rebecca Kieler - MHN
T-644	2:15 pm - 3:15 pm	HAPPINESS AND LONGIVITY	Rebecca Kieler - MHN
T-644	3:30 pm - 4:30pm	HAPPINESS AND LONGIVITY	Rebecca Kieler - MHN

W-119	9:45 am - 10:45 am	DIABETES PREVALENCE and PREVENTION	American Diabetes Assn
W-119	11:00 am - 12:00 pm	FITNESS AND YOUR BRAIN: AVOIDING DEMENTIA	Beth Weisberg - MHN
W-119	1:00 pm - 2:00 pm	COLON CANCER- DETECTION AND PREVENTION	American Cancer Society
W-119	2:15 pm - 3:15 pm	UNDER- STANDING HIGH BLOOD PRESSURE	Kaiser
W-119	3:30 pm - 4:30pm		

T-955	9:45 am - 10:45 am	READINESS FOR HEALTHY CHANGE	Barbara Regan - MHN
T-955	11:00 am - 12:00 pm	COPING WITH DEPRESSION	Barbara Regan - MHN
T-955	1:00 pm - 2:00 pm	READINESS FOR HEALTHY CHANGE	Barbara Regan - MHN
T-955	2:15 pm - 3:15 pm	COPING WITH DEPRESSION	Barbara Regan - MHN
T-955	3:30 pm - 4:30pm	AVAILABLE	OPEN

W-118	9:45 am - 10:45 am	INTRO TO FOAM ROLLER EXERCISES	Apex Pilates
W-118	11:00 am - 12:00 pm	INTRO YOGA and MEDITATION	Soula Power Yoga
W-118	1:00 pm - 2:00 pm	YIN & RESTORATIVE YOGA	Downtown Yoga Shala
W-118	2:15 pm - 3:15 pm	SIMPLE TOOLS FOR PHYSICAL FITNESS	24 Hour Fitness - Blue Shield
W-118	3:30 pm - 4:30pm	AVAILABLE	OPEN

T-1047	9:45 am - 10:45 am	DEVELOPING AND MAINTAINING A HEALTHY LIFESTYLE	Melanie McDougall - WW
T-1047	11:00 am - 12:00 pm	WALKING TO HEALTH	Rebecca Kieler - MHN
T-1047	1:00 pm - 2:00 pm		
T-1047	2:15 pm - 3:15 pm	WEIGHT MANAGEMENT	Sue Bielstein - MHN
T-1047	3:30 pm - 4:30pm	SMOKING CESSATION	Sue Bielstein - MHN

W-262	9:45 am - 10:45 am	OPTIMUM HEALTH FOR MEN	Wendy Willow Wark - MHN
W-262	11:00 am - 12:00 pm	OPTIMUM HEALTH FOR WOMEN	Wendy Willow Wark - MHN
W-262	1:00 pm - 2:00 pm	RESOURCES FOR SENIORS, THEIR FAMILIES AND CAREGIVERS	Office on Aging
W-262	2:15 pm - 3:15 pm	HELPING YOUR PARENTS STAY HEALTHY	Pam Wright - MHN
W-262	3:30 pm - 4:30pm	HELPING YOUR PARENTS STAY HEALTHY	Pam Wright - MHN

T-1254	9:45 am - 10:45 am	HELPING YOUR TEEN MANAGE HEALTHY WEIGHT	Caryl Fuller - MHN
T-1254	11:00 am - 12:00 pm	HELPING YOUR TEEN MANAGE HEALTHY WEIGHT	Caryl Fuller - MHN
T-1254	1:00 pm - 2:00 pm	FITNESS AND EXERCISE	Caryl Fuller - MHN
T-1254	2:15 pm - 3:15 pm	FITNESS AND EXERCISE	Caryl Fuller - MHN
T-1254	3:30 pm - 4:30pm	FITNESS AND EXERCISE	Caryl Fuller - MHN