**Conference Schedule and Session List**

**8:30am-9am** Check-in, McMahon Student Center (check-in will remain open after 9am)

**8:30am-12:45pm** Resource Fair and therapy dogs, McMahon Student Center

**9am-10am**

Viann Nguyen-Feng, Mind-Body Trauma Care: Theories, Research, and Applications

Michelle Arnhold Davies, TED Talk: Robert Waldinger on The Good Life

Marian Barcus (NAMI), Dr. David Anderson (Grand Itasca), Steve Loney (Northland Counseling), Cre Larson (First Call 211). Amie Furlong, facilitator: What If You or Someone You Know Is NOT OK?

Tom McBride, Making Smart Financial Decisions with Confidence

Abin Ojha, Happiness and Mental Wellness: A Review of Blue Zones and Happiness Indicators

Jackie MacPherson, Sexual Intelligence and Well-being

Lea Friesen, Introduction to Mindfulness Meditation (limit to 20 people)

Chelsey Jo Johnson, Mindful Creativity for Shared Spaces (limit to 25)

Forest Walk with Natural Resource program’s Lee Kessler and Joline Leone (limit to 25 people, meet in courtyard)

**10:15-11:15**

Viann Nguyen-Feng, Mind-Body Trauma Care: Theories, Research, and Applications

Sam Miltich, The Improvised Life: Exploring Intersections of Mental Health & Creativity through Jazz

Alexis Elder, Social Media and Antisocial Behavior: A Modern Dilemma for Friendship

Rob Fairbanks, Life in Humor

Stephen Laumakis, **“**Happiness”: What Is It and How Do We Achieve It? (Eastern and Western Philosophical Views)

Michelle Arnhold-Davies, The Neuroscience of Stress

John Bauer, Lives Touched by Mental Illness and Suicide

Justin Lamppa, Happiness through Exercise and Sleep

Shane Holm and Marlo Gangi, Strengthening Relationships through Love Languages

Leslie Reed, Gentle Yoga (limit to 30 people, in gymnasium)

Forest Walk with Natural Resource program’s Lee Kessler and Joline Leone (limit to 25 people, meet in courtyard)

**11:30-12 noon (short session opposite Lunch Wave 1)**

Laurie Antonson, Yoga Flow (limit to 30 people, in gymnasium)

Lisa Carsrud, Restorative Yoga with Sound Therapy (limit to 11 people, in wrestling room)

Amie Furlong, Mindfulness Meditation-Try it out!

Jazz Watkins, HIIT workout (in courtyard)

**12 noon-12:30 (short session opposite Lunch Wave 2)**

Laurie Antonson, Yoga Flow (limit to 30 people, in gymnasium)

Lisa Carsrud, Restorative Yoga with Sound Therapy (limit to 11 people, in wrestling room)

Amie Furlong, Mindfulness Meditation-Try it out!

Jazz Watkins, HIIT workout (in courtyard)

**12:45-1:45**

Sam Miltich, The Improvised Life: Exploring Intersections of Mental Health & Creativity through Jazz

Alexis Elder, Social Media and Antisocial Behavior: A Modern Dilemma for Friendship

Rob Fairbanks, Life in Humor

Stephen Laumakis, **“**Happiness”: What Is It and How Do We Achieve It? (Eastern and Western Philosophical Views)

Erica Pearson, The Loneliness Cure

Brian Vroman, TED Talk Arthur Brooks “The Art and Science of Happiness”

Jodi Nordlund and Hannah Colby, Food for a Good Mood (limit to 20)

Stephanie Kessler (Cohasset Recreation Coordinator), Alice Moren (Circles of Support), Katy Ulseth (Silent Book Club); Shane Holm, facilitator: Why You Should Talk to Strangers

Emily Peterson, Mindfulness Yoga (in gym, limit to 30 people)

Forest Walk with Natural Resource program’s Lee Kessler and Joline Leone (limit to 25 people, meet in courtyard)

**2pm +** possibly outdoors activities planned by student clubs TBA