

LEVEL UP 2021

Check-in and Orientation 9:00 – 10:00 AM			
Session 1 Life Skills 10:00-10:40 AM		Session 2 Health & Wellness 10:45 – 11:25 AM	Session 3 Employment 11:30 AM – 12:15 PM
1	Know Your Rights (Studio 1)	Joyful Movement (Studio 1)	Customer Service Skills with Starbucks (Studio 1)
2	Housing 101 (Studio 2)	Queen Care (Studio 2)	Introduction to Starting Your Business (Studio 2)
3	Working Your Money (Money Management) (Lower Room)	Mental Health Tips (Lower Room)	Barrier to Employment (Lower Room) Ty Reed
4	Cooking on a Budget (Rotary Room)	Smoothies (Rotary Room)	Interviewing Techniques with the Space Needle (Rotary Room)
Lunch 12:15-1:00 PM Field			
Resource and Employment Fair 1:00 – 3:00 PM Field			