



MHSA 2020 Winter Health Institute  
 Schedule at a Glance  
 Double Tree by Hilton, Annapolis



**Pre-Institute Session: National Center on Early Childhood Health and Wellness  
 Wednesday, February 26, 2020**

**Health Active Living**

Supporting healthy eating and play habits for young children in the Head Start program and at home can be challenging-and frustrating! Join this full day health institute to explore the spectrum of healthy habits necessary for young children, build family engagement activities, and discover how staff wellness can support healthy children. Participants will build their own action plan throughout the day. You will leave this Institute with strategies.

- 8:00 am Breakfast/Registration
- 9:00 am Session Begins
- 12:15 pm Lunch
- 1:30 pm Session Resumes
- 5:00 pm Closing

**Health Institute  
 Thursday, February 27, 2020**

- 8:00 am Breakfast/Registration
- 8:45 am Opening/Welcome
- 9:15 am Networking and Vendor Visits
- 9:45 am Workshops
- 11:30 am Legislative Updates concerning Health and Wellness
- 12:45 pm Lunch/Vendor Visits
- 2:00 pm Workshops
- 3:15 pm Health and the HSPPS
- 4:30 pm Closing

**Health Institute  
 Friday, February 28, 2020**

- 8:00 am Breakfast/Registration/Vendor Visits
- 8:30 am Welcome\*
- 9:00 am Workshops (including Skill Development for Home Visitors)
- 10:15 am Panel Discussion on Homelessness and Health
- 11:45 pm Lunch/Vendor Visits
- 1:15 pm Workshops
- 3:00 pm Planning Session-Moving forward Health Needs and Resources
- 4:00 pm Closing

\* The **Health Managers** will meet at 8:15 am for Breakfast and the meeting will begin at 9:00 am.