

# WORKSHOPS

ACACIA ROOM 120



## **RICHARD MARKS**

**MINDFUL MASTERY:  
NAVIGATING GOALS WITH WELLNESS**

**10:30AM-11:00AM**



## **MICHELLE DEXTER**

**PRACTICAL SOLUTIONS FOR LIFE'S  
CHALLENGES: UNDERSTANDING THE  
MIND, BODY, SPIRIT CONNECTION**

**11:30AM-12:00PM**



## **DR. SCOTT SEBASTIAN**

**SPINE & JOINT PAIN RELIEF  
USING REGENERATIVE MEDICINE**

**12:30PM-1:00PM**



## **AMANDA LEE**

**THE TOP PILLARS OF BRAIN HEALTH**

**1:30PM-2:00PM**



## **VICTOR MELGAR**

**HOW CBD CAN CHANGE YOUR LIFE**

**2:15PM-2:45PM**



# WORKSHOPS



*MAPLE ROOM 118*

## **CARLOS AGUILAR** **WOMEN'S SELF DEFENSE**

**10:30-11:00AM**



## **CAROL SANBORN** HAPPINESS FOR YOUR HOME & HEALTH: THE CONNECTION BETWEEN HOME ORGANIZATION & MENTAL HEALTH

**11:30AM-12:00PM**



## **WENDY GREEN** SIMPLE TIPS TO IMPROVE RUNNING EFFICIENCY & DECREASE PAIN

**12:30PM-1:00PM**



## **KEVIN RUSSELL** MIND-BODY ALCHEMY: A GUIDED BREATHWORK & HEALING PROCESS TO RELEASE A LIFETIME OF STRESS

**1:30PM-2:00PM**

