

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

