LYNN UNIVERSITY

2026 Wellness Summit

Friday, February 13, 2026 at 9 a.m. I Christine E. Lynn University Center



About the Summit:

Hosted by Lynn University Student Affairs, the annual Wellness Summit is a one-day event dedicated to exploring wellness topics, advancing professional development and building collaborative networks. This year's theme, "Helping the Helping Professional," invites participants to pause, reflect and recharge while gaining tools to enhance both personal and professional well-being.

Lynn University has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 3056. 491 Board Professionals will have the opportunity to obtain 1 -3 CEs during this event.

Lynn students: Free with Lynn ID
Lynn Alumni: $5 admission, includes continuing education credit hours.
General public: $10; includes continuing education credit hours.

Presenters and Topics:

Jon Sperry, Ph.D., *Building Community with Rhythm and Music*
Beau A. Nelson, DBH, LCSW, CTP, Sleep; Your Hidden Superpower
Maria Bedoya, LMHC-QS, *Mindfulness and Resilience Skills for Preventing Burnout and Compassion Fatigue*
Joseph Ingles, MBA, *Living Smarter: How AI is Reshaping Everything We Do*
Andrew Silverman, M.D. *The Hidden Link Between Mental Health, Metabolism & Lifestyle: What Providers Need to Know*
Jennifer Niskar, MA, *The Unhurried Practice: Breathwork, Meditation & Gentle Yoga*

Contact wellness@lynn.edu for more information. Registration will open December 5, 2025.

Email ADA@lynn.edu or call+ 1 561-237-7580 at least five days before an event to request reasonable accommodations for a disability.
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