



Itinerary

8:00am to 8:30am

Registration and Breakfast from The Charcuterie Shop

8:30am to 9:00am

Welcome and Introductions

9:00am to 10:15am

Workshop with Stacey Dumbacher, Run Hard. Rest Well.

10:15am to 10:30am

Breaks, Walks, Photo Booth

10:30am to 11:10am

Workshop Wrap Up with Stacey Dumbacher, Run Hard. Rest Well.

11:15am to 12:00pm

Panel of Women Leaders: Balance of Being a Women Leader

12:00pm to 12:30pm

Lunch provided Timber Ridge Catering

12:30pm to 1:15pm

Speaker Julie Meitzler: A Little Bit of Science and A Lot of Life's Wisdom

1:20pm to 2:00pm

Relaxation Break: Spa Yourself, Stretch Your Best, Just say Ahhhh

2:05pm to 2:50pm

Speaker Gabrielle Ginder: Breaking Chains: Don't Fear the Past, Move Forward!

2:50pm to 3:00pm

Prizes and Wrap Up