



## Bee Calm Bee Well Event Schedule

Date: July 15-16, 2026

Location: Bay Mills Community College's Waishkey Bay Farm 10135 W Mills Rd, Brimley, MI 49715

### **Agenda:**

#### **Day 1**

8:00 – 8:45am

- Introductions, expectations, opening circle – offering of food and tobacco, Ojibwe language activity

8:45 – 10:00am

- Hands on Beekeeping at the Apiary – Led by Adam Ingrao and Valerie Carter

10:00 – 10:15am

- Break

10:15 – 11:00am

- Grounding Practice – Led by Valerie Carter

11:00am – 12:00pm

- Establishing a Threshold – Led by Lacey Ingrao and Amy McCoy

12:00 – 12:45pm

- Lunch

12:45 – 1:45pm

- Bee Bathing – Led by Lacey Ingrao

1:45 – 2:00pm

- Break

2:00 – 2:45pm

- Sensory Exploration – Led by Valerie Carter

2:45 – 3:00pm

- Break

3:00 – 4:00pm

- Steps of Gratitude – Led by Lacey Ingrao

4:00 – 4:30pm

- Wrap up, Q&A, clean up



## **Day 2**

8:00 – 9:00am

- Review and opening circle – offering of food and tobacco, Ojibwe language activity

9:00 – 10:00am

- Data Collection Practices and Evaluations – Led by Jessie Bennett

10:00 – 10:15am

- Break

10:15 – 11:15am

- Yoga for Beekeepers – Led by Lacey Ingrao and Amy McCoy

11:15 – 11:30am

- Break

11:30 am – 12:00pm

- Guided Imagery – Led by Valerie Carter

12:00 – 1:00pm

- Lunch

1:00 – 2:15pm

- Communing with the Bees – Led by Lacey Ingrao

2:15 – 2:30pm

- Break

2:30 – 3:45pm

- Active Meditation – Led by Adam Ingrao

3:45 – 4:15pm

- Wrap up

4:15 – 4:30pm

- Evaluations

## **Acknowledgment**

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under agreement number 2023-38640-39573 through the North Central Region SARE program under project number ENC23-229. USDA is an equal opportunity employer and service provider. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.