Featured Sessions

**Featured Sessions A: 9:45am - 10:35am**

- Breath and Posture - Zen Tools for Awakened Living  
  5th Quarter Room
- Crafty Coping - Mandala Drawing for Stress Reduction  
  Northwoods Room
- Not a Silver Bullet: How to Get the Most from Your Fitness Tracker  
  Industry Room
- Mindfulness, the Tao, and the Clarity of Repetition  
  Agriculture Room

**Featured Sessions B: 10:45am - 11:35am**

- Healing Hands Drum Workshop  
  5th Quarter Room
- Exercise is Medicine: Treating and Preventing Disease Through Physical Activity  
  Northwoods Room
- Improve Your Wellbeing by Promoting the Wellbeing of Others  
  Industry Room
- Mindfulness Now: Practical Strategies for Immediate Relief During your Busy Day  
  Agriculture Room

**Featured Sessions C: 1:10pm - 2:00pm**

- Let's Play: Emotional Expression Improv Style  
  5th Quarter Room
- Living with Vitality and Resilience  
  Northwoods Room
- Bring Head + Heart to the Table  
  Industry Room
- The End of the New Year's Resolution in One Word  
  Agriculture Room