

AGENDA AT A GLANCE

The 2019 Annual Healthy Bodies Healthy Minds will take place on August 14, 2019 at The Sunnybrook in Pottstown, PA.

August 14, 2019

7:00 am- 8:00 am

Check in and Breakfast

8:00 am

Opening Plenary and Keynote speaker

Morning Sessions

Breakout A

9:00 am - 10:00 am

- Jen Marshall: Yoga 4 classrooms
- Brean Witmer: Getting Their Game On: How Schools Are Creating Impactful School Wellness Programs
- Valerie Jackson and Robert Reed: Understanding ACEs and The Difference You Can Make
- Kathy Weber: Therapy Dogs
- Bo Shappell and Daniella Land: The Hidden Potential Of Physical Education To Foster SEL

Breakout B

10:10 am-11:10 am

- Ron Shauli: Take your Power Back
- Marc Balcer: Mindful Self-Compassion: Modeling Resilience Skills Through Self-Care
- Lark Eshleman: Nurturing Resilience to Overcome ACE's

Dual Sessions

10:10 am - 12:20 pm

- Marianne Bartley: Establish a Culture of Wellness by Building Capacity
- Thom Stecher and Krista Leh: The Convergence Point: Social Emotional Learning

Breakout C

11:20 am - 12:20 pm

- Lisa Auld : Show Up, Be Seen, Live Brave in Education
- Rebecca Kilfoy and Sarah Weber: Emotional Awareness and Management in the K-6 Student Population: A Pupil Services Approach
- Brean Witmer: Parents for Healthy Kids: How Parents Are Changing School Health Culture

Lunch and Panel Discussion

12:30 pm- 1:30 pm

Afternoon Sessions

Breakout D

1:40 pm - 2:40 pm

- Emma Witwer: Healthy Packed Lunches
- Michelle McDyre and Kaya Fell: Collaborative Child Abuse Education & Prevention Workshop
- Brian Aikens : Mindfulness in the Classroom
- Ron Shauli: Yogarate: Yoga and Martial Arts for Social Emotional Success

Dual Session D/E

1:40 pm- 3:50 pm

- Jenna Armato: The Leadership Game

Breakout E

2:50 pm- 3:50 pm

- Mara Wai: Introduction to Mindfulness for Stress Management
- Nick Kline: Team Up!
- Marianne Bartley: Add Years To Your Life And Life To Your Years
- Vicki Morgan: Trauma Informed Care

Awards, Closing, and Networking

4:00 pm- 4:30 pm