JULY 29, 2016

WIN WITH WELLNESS

BRIGGS-SEABAUGH WELLNESS CENTER
ARKANSAS NORTHEASTERN COLLEGE, BLYTHEVILLE

Keynote-Large Group session:
Drums Alive Master Trainer
Presentation-Hachya, Faithfully Fit, nationally renowned fitness trainer/presenter

Afternoon Large Group session, close out: Desercise! Routines with Dr. LaVona Traywick

Lunch large group session:
How to be a Health and Wellness Volunteer—Dr. Lisa Washburn

WINNING MEANS DOING BETTER THAN YOU'VE DONE BEFORE

Breakout sessions on fitness/exercise:
• Tai Chi-Joanne Zeitler
• Chair Yoga—Lauren Copeland & Dr. Lisa Washburn

Breakout sessions on Health/wellness topics:
• How to Talk to Your Doctor—Dr. LaVona Traywick
• Evaluations of Resiliency and Emergency Preparedness in AR—Dr. Charleen McNeill
• Sports Nutrition—Dr. Serena Fuller
• Mindfulness—Terrie James, FCS Agent
• Family Life Session—Dr. Brittney Schrick
• Diabetes—Kyra Langley, ANC
Allied Health & Nursing Instructor

Register Online at
FORMS.UAEX.EDU/WWW

The University of Arkansas System Division of Agriculture is an equal opportunity/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your local Cooperative Extension office as soon as possible. UAISEF.1705-1000

DIVISION OF AGRICULTURE
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