<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
<th>Live Well Dimension</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 – 10:10 AM</td>
<td>Welcome</td>
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| 10:10 – 11:00 AM | **Keynote Session: COVID Panel**  
Presenters: Melissa Griffin, Matt Wise, Irene Wise, Brett DePineda  
Live Well Dimension: Physical |                                                                                |                                      |
| 11:00 – 11:15 AM | **Brain Break**  
Facilitator: Meg Neil  
Live Well Dimension: Emotional, Spiritual, Physical |                                                                                |                                      |
| 11:15 – 12:00 PM | **Fitting in Your Fitness: Flexing Our Time to Maximize Our Exercise**  
Presenter: Taylor Todd  
Live Well Dimension: Physical |                                                                                |                                      |
| 12:00 – 1:00 PM | Lunch Break                                                                                   |                                                                                |                                      |
| 1:00 – 1:45 PM | **Bounce Back During COVID: Discover Your Resilience**  
Presenters: Nikki Meline, Melissa Griffin, Megan Meyer, Kristen Natonie, Kristin Anderson  
Live Well Dimension: Physical, Emotional |                                                                                |                                      |
| 1:45 – 2:00 PM | **Brain Break**  
Facilitator: Meg Neil  
Live Well Dimension: Physical |                                                                                |                                      |
| 2:00 – 2:45 PM | **Hints for Hooking Up**  
Presenter: Kristen Natonie  
Live Well Dimension: Social, Physical |                                                                                |                                      |
| 2:45 – 3:00 PM | **Brain Break**  
Facilitator: Meg Neil  
Live Well Dimension: Physical |                                                                                |                                      |
| 3:00 – 3:45 PM | **Reframing Health Eating in 2021: An Overview of Intuitive Eating**  
Presenter: Megan Meyer  
Live Well Dimension: Physical |                                                                                |                                      |
| 3:45 – 4:00 PM | Closing                                                                                       |                                                                                |                                      |