

SCHEDULE

TIME

ACTIVITY/SPEAKER

7:00-8:30

REGISTRATION

8:30-8:45

OPENING REMARKS

8:45-10:15

SUPPORT KITCHEN TABLE PRESENTATION

Group discussion panel including local first responders, spouses, and administrators. Speakers will give personal testimonies with a moderated Q&A session format.

JEFF DILL: TIPHANIE GALVEZ: MIKE GULLETT: GREG LOWRY: MATT MULLINS: CHRIS PERRY: KELLY PRESTON

10:15-10:30

BREAK

10:30-12:00

EXPERT KITCHEN TABLE PRESENTATION

Group discussion panel including local and national clinicians, experts and resources. Speakers will provide resource information with a moderated Q&A session format.

LARRY BENNETT, ATTORNEY: DR. ERICA BIRKLEY: DR. OLIVIA CARLSON-JOHNSON: DR. DUSTIN CALHOUN: DR. TOM CHARLTON: ALISON FIENNING, LISW-S: DR. ABBY MORRIS

12:00-14:00

LUNCH

14:00-15:00

BARBARA WALKER, PhD

Dr. Walker is an assistant professor of psychiatry, integrative and executive performance psychologist with UC Health. The focus of her practice is on health and performance psychology. She partners with clients and patients to achieve their optimal energy, health, and performance using a skill-based educational approach to mind-body medicine using modalities such as biofeedback, relaxation training, mindfulness, solution oriented cognitive behavioral strategies with the goal of self-regulation.

15:00-15:15

BREAK

15:15-16:45

MATT WENNING

Matt Wenning is a 3 time world champion powerlifter. He has directed over 6000 troops in strength, conditioning, and wellness for the U.S. Army including Infantry and Ranger Divisions. He holds a Masters Degree in Biomechanics and a Bachelor of Science in Exercise Science from Ball State University.

16:45-17:00

CLOSING REMARKS/DOOR PRIZES

For more information go to our Facebook page: <https://www.facebook.com/groups/394906949090044/>