



DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES



Faith and Spiritual Affairs Conference Schedule 14th Annual Conference

Zoom

Keeping the Faith: Connecting through Quarantine

Wellness Hour Schedule

Time	Event		Room
12:00-1:00pm	Thursday Wellness Hour		Online
	Open Networking Hour	12:00-1pm	Open space
	Lan Tran	12:00-12:30pm	<i>Zhong Xin Dao</i>
	Lenora Magee	12:00-12:15pm	Spoken word (15 min)
	Kirwyn Sutherland	12:15-12:30pm	Spoken word (15 min)
	Donna Baim	12:30-1pm	Recovery Yoga
	Spirit Club	12:30-1pm	Spirit Zumba 15min & Spirit Boxing 15 min
	Kara Koser	12:30-1pm	Recovery Ideal-Singer
12:00-1:00pm	Friday Wellness Hour		Online
	Open Networking Hour	12:00-1pm	Open space
	Lenora Magee	12:00-12:15pm	Spoken word (15 min)
	Kirwyn Sutherland	12:15-12:30pm	Spoken word (15 min)
	Spirit Club	12:00-12:30pm	yoga and meditation
	Doreen Lafferty	12:30-1pm	Qigong
	Millie Thomas	12:30-1pm	Fitness
Kara Koser	12:30-1pm	Recovery Ideal-Singer	