

Wednesday September 22 1:30-2:30	<b><i>Don't Get Mad, Get Funny: Using Humor to Manage Stress with Leigh Anne Bryant</i></b> , master of public health/mistress of public humor, is an award-winning humorous author, humorous and motivational keynote speaker, humor and health columnist, and stand-up comedienne. <b><i>Don't Get Mad</i></b> is a hilarious look at how laughing at stress at work and home can save your life and your sanity, with a focus on the physiological and emotional benefits of humor and practical steps for finding the funny in the smaller stuff so you have the energy to handle the big things. This presentation provides the foundation for the interactive workshops on Embracing Change and Juggling Responsibilities.	CML 102
Wednesday September 22 2:45-3:45	<b><i>I'm Flexible as Long as You Don't Change Anything: How to Embrace Change and Expect the Best with Leigh Anne Bryant</i></b> This interactive presentation will help you learn to have a more optimistic spirit when it comes to dealing with change, with an emphasis on lightening up, letting go of worst case-scenario thinking, and playing well with others during times of change. We'll play funny games in teams to help you build your change management skills.	CML 102
Friday September 24 10:00-10:50	<b><i>Kick Away Stress with Kickball</i></b> Almost professional Kickball Coaches Layne King and Wendy Simmons will help you kick, run, and stride away stress on the softball field. We'll form highly non-competitive teams to be playful, to socialize and allow you to return to your youth by laying it on the field. Join us for a fun-filled activity. Come dressed to play. All fitness and skill levels welcome.	<b><i>Lane Softball Field</i></b>
Friday September 24 11:00-11:50	<b><i>Fun Field Game Play</i></b> If you didn't have enough fun playing kick ball or perhaps missed the chance, join us for a game fest of fun. Find out the secret to starting your year refreshed with relay races, water balloon tosses, tug-of-war battles, watermelon passes and more. Join your wacky wellness team Layne and Wendy for a great time. All fitness and skill levels welcome.	<b><i>Lane Softball Field</i></b>
Friday September 24 1:00 - 2:00	<b><i>I'm Juggling as Fast as I Can! With Leigh Ann Bryant</i></b> You really can't do it all -- no wonder you're exhausted from trying. Come discover fun ways to slow down and get more important things done (no, it's not an oxymoron). You'll learn to teach the voices in your head to stop saying yes when you really mean no, and learn to strive for imperfection. Of course you'll be laughing so hard, you'll swear you didn't learn anything at all.	19/220
Friday September 24 2:30 - 4:00	<b><i>Creative Play Day: A deceptively productive endeavor, guaranteed to shake loose the dust (and stress!) of over-adulthood with Nancy Hopps</i></b> With playfulness and good humor, we will experience how important it is to set aside all the never-ending stuff of life sometimes, and simply be present! Kids do it all the time. Gift yourself with this gentle foray into the rejuvenating realm of the present moment. Nancy Hopps is a nationally- recognized author, speaker, and mind-body-Spirit healing consultant. Her warm, accessible presentational style and well-honed skills have touched the lives of thousands of students, private clients, and workshop participants. Nancy brings a wealth of personal and professional healing experience to her presentations and acclaimed recordings.	19/220