

Date	Speaker	Topic	Room
January 15, 2025	Alexis Supan RD, MPH	Making Nutrition Changes that are Sustainable	Virtual
February 19, 2025	Rose Hosler RN, BSN	Guided Imagery	Virtual
March 19, 2025	Marie-Andree Belzile-Davidson	Making Change Happen: I know what I need to be doing, so why aren't I doing it?	Virtual
April 16, 2025	Dallas Moyer	Workplace Violence	Virtual
May 21, 2025	Erica Brown, MA, NBC-HWC, ATC	Healthy Summer Habits	Virtual
June 18, 2025	Hannah Burk	Exercise Science	Virtual
July Summer Break			
August Summer Break			
September 17, 2025	Gabrielle Shipta, CC	Culinary Medicine	Virtual
October 15, 2025	Erin Coates, RD, LD	Stress Eating	Virtual
November 19, 2025	Henry Gilbert MS, NBC-HWC, CSCS	Exercise Science	Virtual
December 17, 2025	Wendy Hummer	Stress Management	Virtual