

Date	Speaker	Topic	Room
January 18, 2023	Drew Schwartz, DC	Esports Wellness and Performance	Virtual
February 15, 2023	Erin Coates RD, LD	Real Food & Fitness for Pregnancy	Virtual
March 15, 2023	Rose Hosler RN, BSN	Reiki	Virtual
April 19, 2023	Cameron Williams	Exercise Science	Virtual
May 17, 2023	Trevor Valentine, CRPC	Financial Wellness	Virtual
June 21, 2023	Stephanie Morris, MMT, MT-BC and Emily Guthe	Music Therapy	Virtual
July Summer Break			
August Summer Break			
September 20, 2023	Judi Bar, E-RYT 500	Yoga	Virtual
October 18, 2023	Officer Ashley Connoles	Safety and Situational Awareness	Virtual
November 15, 2023	Julia Zumpano RD, LD	Healthy Holiday Eating Tips	Virtual
December 20, 2023	Erica Stepteau	Coping with Holiday Stress	Virtual