

Date	Speaker	Topic	Room
January 17, 2024	Renee Warren MS, C-IAYT, RYT-500 and Paula Brown MBA, C-IAYT, ERYT-500	Yoga Therapy-Meeting You Where You Are	Virtual
February 21, 2024	Trevor Valentine, CRPC	Financial Wellness and Budgeting	Virtual
March 20, 2024	Carson Speelman	Exercise Science	Virtual
April 17, 2024	Tammy Shella, Ph.D.	Vision Boards	Virtual
May 15, 2024	Erica Brown	Work-life Balance	Virtual
June 19, 2024	Anna VanHal MSN, RN, NPD-BC	Nurse Resiliency Building Blocks	Virtual
July Summer Break			
August Summer Break			
September 18, 2024	Brittney Guilmette	Stress Management and Decompression	Virtual
October 16, 2024	Julia Zumpano, RD, LD	Protein Modified Fast Diet	Virtual
November 20, 2024	Henry Gilbert MS, NBC-HWC, CSCS	Exercise Science	Virtual
December 18, 2024	Marie-Andree Belzile-Davidson	Time-Management Strategies - Making Time for What Matters Most to You	Virtual