

Date	Speaker	Topic	Room
January 7, 2026	Trevor Valentine, CRPC	Financial Wellness and Budgeting	Virtual
February 4, 2026	Drew Schwartz, DC	Prevention of Carpal Tunnel Syndrome and Other Injuries Related to Desk Work	Virtual
March 4, 2026	Robert Saper, MD	Mindfulness for Caregivers	Virtual
April 1, 2026	Mladen Golubic, MD, PhD	Plant-based Nutrition	Virtual
May 6, 2026	Laura Hoeksema, MD	Awakening Compassion	Virtual
June 3, 2026	Param Srikantia, PhD	The Art of Transformative Conversations in Caregiving	Virtual
July Summer Break			
August Summer Break			
September 2, 2026	TBD	Suicide Awareness and Prevention	Virtual
October 7, 2026	Kelly Williams, LMHC	Stress Management & Self-Care	Virtual
November 4, 2026	Jim Perko CEC, AAC	Culinary Medicine	Virtual
December 2, 2026	Sunjeet Kaur, MD	Sleep Apnea	Virtual