

Date	Speaker	Topic	Room
January 3, 2024	Amy Freadling, Ph.D., LPCC-S, CEAP	iCare: Caring for Ourselves and Each Other	Virtual
February 7, 2024	Robert Saper, MD	Yoga and Epilepsy: From Ancient Practice to Modern Therapy	Virtual
March 6, 2024	Jim Pae, MSOD	Team Effectiveness and its Impact on Wellbeing	Virtual
April 3, 2024	Mladen Golubic, MD	Lifestyle Medicine Prescription for Optimal Self-Care Practices	Virtual
May 1, 2024	Chivonna Childs, Ph.D.	Emotion: How to Express What You Feel	Virtual
June 5, 2024	Param Srikantia, Ph.D.	Mindfulness and Unconscious Patterns	Virtual
August Summer Break			
September 4, 2024	Amy Gibbs, M.Ed., RD, LD	Nutrition	Virtual
October 2, 2024	Drew Schwartz, DC	Ergonomics	Virtual
November 6, 2024	Jim Perko CEC, AAC	Healthy Thanksgiving Recipes	Virtual
December 4, 2024	Marita Pompeani	Coping with Stress and Loss During the Holidays	Virtual