

10:00 - 10:45 am	Registration/Vendor Fair/Breakfast/ Biometric Screenings Breakfast will be served and time to visit with vendors. Biometrics limited to 50 people
10:45 - 11:00 am	Opening Remarks Innovative Benefit Planning, Terriann Procida, CEO
11:00 – 12:00 pm	The Time is Now: A Blueprint for Building Workplace Wellness Dr. Malik Muhammad
12:00 - 1:00 pm	Lunch/Networking/Vendor Fair/Biometric Reviews Lunch served and time to visit with vendors
1:00 - 2:00 pm	Fostering a Sense of Belonging through Connection and Inclusion  Moderator: Cheldin Barlatt Rumer
2:00 - 2:30 pm	Break/Vendor Fair/Biometric Reviews
2:30 - 3:30 pm	Tuning In, Turning Up, or Tapping Out? The Great Mindset Reset!  Speaker: Christopher Ridenhour
3:30 - 4:00 pm	Closing Remarks/Raffle Winners/Vendor Fair We will announce our raffle winners from the day
4:00 - 5:30 pm	Happy Hour