

# **Reflect, Refocus, and Rebuild Relationships**

## ***A Health and Wellness Retreat***

### **Outline**

2:00 pm

Introductory Remarks and Welcome

Overview of Schedule

2:10 pm

Mindfulness Meditation / Exercise - Quinn Callicott- LCSW, School of Social Work

2:20 pm

Damian Zevala- Associate Vice President of Health and Wellness, Presentation

3:05

Group Quiz about CSULB (question sheet on tables); winner at each table wins shark plush centerpiece

3:20

Quiz answers announced; conclusion of group exercise and move to garden

3:25

Presentation of the Nicholas Perkins Hardeman Framed award certificates to Al Colburn & Deborah Hamm by Neil Hultgren

3:30

Booths with University Resources

- OLLI – Information table- Barbara Norberg, Constance Malaambo
  - Longevity Stick- Jack Friedman, Debbie Brooks, Wendy Bailey
  - Yoga – Jean Marie Van Dine
  - Chair Yoga – Gail Schmoller
- LifeFit- trainer presentation- Genevieve Pascale, Araceli Velasco
- PT@TheBeach - Susan Mais PT, DPT, OCS and Brice Rosby PT, DPT.
- HR – Marita Swanson
- University Library – Chloe Pascual, Michelle DeMars
- Affinity Groups
  - BFAS- Shelly Anne Collins, Dee Hyppolite
  - LFSA – Ruth Piker, Heather Macias
  - Sistahs on Campus- Terry Armstrong
  - QTFSa – Shae Miller

Food and Wine

Musical Group- Carol Baker, Marc Davidson, Mark Youngs, Mark Rosen, Mary Cliby

5:00- Close down event; sound the gong