

Schedule At-A-Glance

Friday, May 22

Time	ID	Activity Title	Location	Speaker/Lead
8:30 – 9:00 a.m.		Breakfast	Foyer	
9:00 – 9:15 a.m.		Elder blessing and smudge	Ballroom	
9:15 – 9:30 a.m.	Fr-S1	Welcome and setting intentions	Ballroom	Dr. Victor Ng
9:30 – 10:30 a.m.	Fr-S2	Keynote Presentation: Reflection, Resilience, and Actionable Strategies	Ballroom	Dr. Melanie Lewis
10:30 – 10:45 a.m.		Break		
10:45 – 11:45 a.m.	Fr-S3	TBD	Ballroom	Dr. Ada Stewart
11:45 a.m. – 12:15 p.m.	Fr-S4	Lawrence Yang – QI primer talk	Ballroom	Dr. Lawrence Yang
12:15 – 12:30 p.m.		Guided mountain meditation	Ballroom	Dr. Daniela Isfan (audio recording)
12:30 – 1:30 p.m.		Lunch		
1:30 – 2:30 p.m.	Fr-S5	Workshop: TBD	Ballroom	Dr. Melanie Lewis
	Fr-S6	Workshop: The HeArt of Medicine	Rockies	Dr. Erin Bearss
	Fr-S7	Workshop: TBD	Explorer	Dr. Chase McMurren
2:30 – 3:00 p.m.		Transition to activity		
3:00 – 5:30 p.m.		Coal mine hike	Off site	Shuttle – Meet in lobby
3:00 – 5:30 p.m.		Horseback ride	Off site	Shuttle – Meet in lobby
3:00 – 5:30 p.m.		Warrior lookout helicopter tour	Off site	Shuttle – Meet in lobby
3:15 – 4:45 p.m.		Troll Falls hike	Off site	Shuttle – Meet in lobby
3:15 – 5:45 p.m.		Ribbon Creek bike tour	Off site	Meet in lobby
3:30 – 5:45 p.m.		Canoe excursion	Off site	Shuttle – Meet in lobby
3:30 – 5:00 p.m.		Forest bathing	Off site	Meet in lobby
3:30 – 5:00 p.m.		Art therapy	Explorer	
3:30 – 4:30 p.m.		Sound bath meditation	Rockies	
4:45 – 5:45 p.m.		Mat pilates	Rockies	
3:00 – 6:00 p.m.		Free time		
6:30 – 8:00 p.m.		Dinner	Foyer	Buffet-style dinner
8:00 – 9:00 p.m.	Fr-S8	Fireside chat: TBD	Explorer	Dr. Chase McMurren

Saturday, May 23

Time	ID	Activity Title	Location	Speaker/Lead
8:30 – 9:00 a.m.		Breakfast	Foyer	
8:45 – 9:00 a.m.		Welcome back	Ballroom	Dr. Victor Ng
9:00 – 10:15 a.m.	Sa-S1	Keynote: Healthy Aging/Living well in age	Ballroom	Dr. Doug Richards
10:15 – 10:30 a.m.		Guided movement	Ballroom	TBD
10:30 – 10:45 a.m.		Break		
10:45 – 11:30 a.m.	Sa-S2	Digital wellness talk	Ballroom	Dr. Chandi Chandrasena
11:30 a.m. – 12:15 p.m.		Talk: TBD	Ballroom	Dr. Sarah Kim
12:15 – 1:15 p.m.		Lunch		
1:15 – 2:30 p.m.	Sa-S4	Workshop: TBD	Ballroom	Dr. Doug Richards
	Sa-S5	Workshop: TBD	Explorer	Dr. Ada Stewart
	Sa-S6	Workshop: QI and Wellness	Rockies	Dr. Lawrence Yang
2:30 – 3:00 p.m.		Transition to activity		
3:00 – 5:30 p.m.		Coal mine hike	Off site	Shuttle – Meet in Lobby
3:00 – 5:30 p.m.		Horseback ride	Off site	Shuttle – Meet in Lobby
3:00 – 5:30 p.m.		Warrior lookout helicopter tour	Off site	Shuttle – Meet in Lobby
3:15 – 4:45 p.m.		Troll Falls hike	Off site	Shuttle – Meet in Lobby
3:15 – 5:45 p.m.		Canoe excursion	Off site	Shuttle – Meet in Lobby
3:30 – 5:00 p.m.		Forest bathing	Off site	Meet in Lobby
3:30 – 5:30 p.m.		Mountain bike aspen loop	Off site	Meet in Lobby
3:30 – 5:00 p.m.		Art therapy	Explorer	
3:30 – 4:30 p.m.		Sound bath meditation	Rockies	
4:45 – 5:45 p.m.		Strength and sculpt	Rockies	
3:00 – 6:30 p.m.		Free time		
5:30 – 6:30 p.m.		Non-Certified Financial wellness session	Ballroom	
6:30 – 8:00 p.m.		Dinner	Foyer	Buffet-style dinner

Sunday, May 24

Time	ID	Activity Title	Location	Speaker/Lead
8:30 - 9:00 a.m.	Su-S1	Breakfast	Ballroom	
9:00 - 10:00 a.m.		Panel discussion: Where do we go from here?		Moderator: <ul style="list-style-type: none">• TBD Panelists: <ul style="list-style-type: none">• Dr. Doug Richards• Dr. Melanie Lewis• Dr. Ada Stewart
10:00 - 10:15 a.m.	Su-S2	Taking Action and Departing Intentions	Ballroom	<ul style="list-style-type: none">• Dr. Erin Bearss• Dr. Sarah Kim• Dr. Chandi Chandrasena
10:15 - 10:30 a.m.	Su-01	Parting words	Ballroom	Dr. Victor Ng