

The Two Morning Sessions repeat - pick 2

Eat the Rainbow: Cooking for Happy Kids **Jenni Wright, BS**

Help your kids break out of the boring and bland processed food rut by learning how to add fresh ingredients, more color, and a whole lot more flavor and nutrition into their meals. We will explore fun and creative ways to expand your family's palate without bribery or tears.

Healthy Mouth, Healthy Body **Kathryn Minton, DDS**

Dr. Minton's presentation "Healthy Mouth, Healthy Body" is based on her more than 30 years' of experience promoting simple but effective lifestyle choices to improve oral health. Stewardship over teeth and gums is important in every stage of life from the first tooth to the last and is an integral component in staying healthy. Be prepared to cover issues such as diabetes, periodontal (gum) disease, missing teeth, and other dental topics.

Move Your Body **Diane Rogers, BA, RYT500**

A healthy lifestyle includes motion. Gentle movement through various postures with focused breathing reduces stress and improves fitness and flexibility. You don't have to go to a class, join a gym, or even get down on the floor to experience these benefits with yoga. Learn some simple ways to move, stretch, and breathe suitable for all ages. Adding simple, structured motions to your daily routine will improve your health, bring healing to your spirit, and create joy in your life.

The Congregation who Plays Together, Stays Together **Sonny & Adrean Painter**

Sonny and Adrean are not only youth ministers, they choose to spend lots of their time involving the whole congregation in ministry which brings all ages together (like May the Force Be with You, Trunk 'R'Treat, and Tiny Tea). Learn about the various activities they lead, which help their congregation "play" together – while also offering outreach ministry to others.

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Prayer through Body, Mind, and Spirit **Kris Judd, BA, EdS, Certified Spiritual Director**

God created us for relationship and yearns for us to share ourselves with the Divine. Just as we are all unique expressions of the Divine, our communion with God can take many forms. Learn and practice prayers that incorporate movement, thought, language, images, silence, and scripture and deepen your relationship with God.

The Word of Wisdom in the 21st Century **Kathleen Shockley, BS, MAT, Certified Spiritual Director**

D&C 86:2a "All wholesome herbs God hath ordained for the constitution, nature, and use of man...to be used with prudence and thanksgiving." More and more science is affirming the value of the plants around us. Learn about the nutritional and medicinal value of common plants that grow here. And discuss what it means to be a steward over these God-given gifts.

Life and Loss **Kathy Robinson, RN, MSN**

We all deal with a variety of losses as we move through life: life changes, jobs, deaths, medical problems, etc. Most of us just keep moving ahead – and don't realize how loss impacts our wholeness of body, mind, spirit, and relationships. Learn about dealing with our losses in more open and healthy ways.

Busy or Burnout? **Allison Norwood, RN, MSN, EdD**

"Are you thinking about all that you need to get done for the church, family, work, neighbors and realize that you really do not want to? You may have burnout or know of others who do. Learn what burnout is, how to recognize it, and explore ways that spiritual renewal can relieve it. We can realign ourselves with God and become better stewards of ourselves. We are told in Mark 6:31 "Come with me by yourself to a quiet place and get some rest". Let us discuss together how to heal burnout.