



JULY 29, 2016

WIN WITH WELLNESS

**BRIGGS-SEABAUGH WELLNESS CENTER
ARKANSAS NORTHEASTERN COLLEGE, BLYTHEVILLE**

Keynote-Large Group session:

Drums Alive Master Trainer
Presentation-Hachya, Faithfully
Fit, nationally renowned fitness
trainer/presenter

**Afternoon Large Group session,
close out:** Deskercise! Routines
with Dr. LaVona Traywick

Lunch large group session:
How to be a Health and Wellness
Volunteer-Dr. Lisa Washburn

**WINNING MEANS
DOING BETTER
THAN YOU'VE
DONE BEFORE**

The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/
affirmative action institution. If you require a reasonable accommodation to participate or
need materials in another format, please contact your (insert appropriate office) as soon as
possible. Dial 711 for Arkansas Relay.

**Breakout sessions on
fitness/exercise:**

- Tai Chi-Joanne Zeitler
- Chair Yoga – Lauren Copeland
& Dr. Lisa Washburn

**Breakout sessions on Health/
wellness topics:**

- How to Talk to Your Doctor-
Dr. LaVona Traywick
- Evaluations of Resiliency and
Emergency Preparedness in
AR-Dr. Charleen McNeill
- Sports Nutrition – Dr. Serena Fuller
- Mindfulness – Terrie James, FCS Agent
- Family Life Session – Dr. Brittney Schrick
- Diabetes – Kyra Langley, ANC
Allied Health & Nursing Instructor

**Register Online at
FORMS.UAEX.EDU/WWW**

UofA **DIVISION OF AGRICULTURE**
RESEARCH & EXTENSION
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