### Forging Wellbeing

**MARCH 17-20**

**TUESDAY, MARCH 17**
- 12:00-5:00pm: Board Lunch & Meeting (Board Members Only)
- 1:00-7:00pm: Registration Opens
- 1:00-3:00pm: Pre-Conference Workshop #1
- 3:15-5:15pm: Pre-Conference Workshop #2
- 6:00pm: Board Dinner (Board Members Only)

**WEDNESDAY, MARCH 18**
- 7:00am: Fun Run/Walk
- 7:00-7:20am: Golf Tee Times
- 7:30am: Meditation
- 8:00am-5:00pm: Registration Open
- 9:00-11:00am: Open House at UAB Student Health & Wellness Center
- 11:00am-12:00pm: Exhibits Open
- 12:00-1:30pm: Opening Lunch with Keynote Speaker
- 1:30-5:00pm: Exhibits Open
- 1:45-3:00pm: Educational Breakout Session #1
- 3:00-3:30pm: Break with Sponsors & Exhibitors
- 3:30-4:45pm: Educational Breakout Session #2
- 5:00pm until... Dinner on your own or join a group - see registration table for details

**THURSDAY, MARCH 19**
- 7:00am: Fun Run/Walk
- 7:30am: Meditation
- 7:30am-5:00pm: Registration Open
- 7:30-8:30am: Breakfast with Sponsors & Exhibitors
- 7:30am-12:00pm: Exhibits Open
- 8:45-10:00am: Educational Breakout Session #3
- 10:00-10:30am: Break with Sponsors and Exhibitors
- 10:30-11:45am: Educational Breakout Session #4
- 12:00-1:30pm: Awards/Business Lunch and Keynote Speaker
- 1:30-5:00pm: Exhibits Open
- 1:45-3:00pm: Educational Breakout Session #5
- 3:00-3:30pm: Break with Sponsors and Exhibitors
- 3:30-4:30pm: Educational Breakout Session #6
- 5:30pm: Depart for Vulcan Park & Museum for Reception

**FRIDAY, MARCH 20** (School Spirit Day - Wear Your School Attire)
- 7:00am: Fun Run/Walk
- 7:30am: Meditation
- 7:30-8:30am: Breakfast with Sponsors and Exhibitors
- 7:30am-12:00pm: Exhibits and Information Table Open
- 8:45-9:45am: Educational Breakout Session #7
- 10:00-11:00am: Educational Breakout Session #8
- 11:15-12:00pm: Prize Drawing Presentation and Closing