

Schedule

8:00 AM - 9:00 AM

DOORS OPEN + BREAKFAST IS SERVED

9:00 AM - 9:30 AM

OPENING REMARKS + KEYNOTE SPEAKER

9:30 AM - 10:00 AM

BREAK

10:00 AM - 11:00 AM

BREAKOUT SESSION (CHOOSE 1 OF 3)

There Is No In-Between: A Story of What Happens When You Step Into Alignment
Canton Conference Room

The Brave Space: Embracing the Power of Vulnerability
Westwood Conference Room

Unraveled Diaries: The Roots Of Self-Care
Needham Conference Room (take elevator one floor up)

11:00 AM - 11:15 AM

BREAK

11:15 AM - 12:15 PM

BREAKOUT SESSION (CHOOSE 1 OF 3)

Relaxing Into Your Inner Space: Astrology For Black Women's Self-Care
Canton Conference Room

My Girlfriends: Defining Sisterhood
Westwood Conference Room

Somatic Art Therapy
Needham Conference Room (take elevator one floor up)

12:15 PM - 1:00 PM

LUNCH + RAFFLE DRAWING

1:00 PM - 2:30 PM

AWARD CEREMONY + PANEL DISCUSSION

2:30 PM - 2:45 PM

BREAK

2:45 PM - 3:45 PM

BREAKOUT SESSION (CHOOSE 1 OF 2)

Mental Health Advocate & Jenga®: What A Simple Game Can Teach You About Self-Care
Canton Conference Room

The Artistic Expression Of Somatic Movement And Progressive Muscle Relaxation
Westwood Conference Room

3:45 PM - 4:00 PM

LAST CALL FOR VENDOR SHOPPING + CONFERENCE CLOSES