



Agenda

The Planning for Wellness conference is designed around the concept of “wellness” and how it affects one’s finances and health. This two-day conference will integrate the following areas of financial and physical wellness.

Day 1

Registration - 9AM

Welcome and Morning Prayer - 9:30AM

Introduction to Well-Being

Your Financial Picture

Objectives of managing cash flow and debt

Food for Thought

Nutrition and meal planning

Lunch - 12:15PM

Your Roadmap to Investing

Understanding investing concepts

Living in Balance

Finding balance in your personal and work life

Break

Securing Your Retirement

Reviewing pension and Social Security benefits

Reception - 5:30PM

Dinner - 6PM

Group Health Discussion

(optional) - 7PM

Day 2

Exercise/Movement (optional) - 7AM

Breakfast - 8AM

Life in Motion - 9AM

Physical activity and mindful movement

Protecting You and Your Family

Insurance and estate planning

Break

Resilience

The capacity to bounce back from adversity

Next Steps

Noonday Prayer

Lunch - 12PM

Financial Discussions with Faculty

Registration on a first come, first served basis
(space limited)