

# Vital Conversation Series

**Tagline:** *You Are the Medicine*

**Date/Time:** Saturday, October 11 • 8:30 AM – 5:00 PM

## Morning

**8:30 – 9:00 AM | Arrival & Opening Circle**

**9:00 – 9:30 AM | Opening Keynote**

*Living in Alignment: Reclaiming Sovereignty in a Chaotic World*

— Dr. Jen

**9:30 – 10:45 AM | Session One: REGULATE**

*Nervous System, Safety, Structure*

Katie Smith • *Reflexions: A Journey Through Grief with Faith + Reflexology*

Mickey Hemingway • *Rhythms Over Rigor: Designing a Schedule That Holds You*

Jessica Prentice • *The Dance of Opposites: Polarity Management in Life and Leadership*

**10:45 – 11:00 AM | Break**

**11:00 – 12:15 PM | Session Two: RESTORE**

*Nourishment, Nature, Rewilding*

Kelly Greenway • *It Runs Deeper Than Hormones: Restoring What Fuels You*

Peggy DeArmond • *Scent, Sound, and Soil: Returning to the Root of Restoration*

Shannon Weiler • *Movement from Within: Eurythmy as a Path to Restoration*

**12:15 – 1:30 PM | Lunch**

Buffet lunch at Marigold Bistro

## Afternoon

**1:30 – 2:45 PM | Session Three: RECLAIM**

*Expression, Movement, Power*

Elizabeth Hulsey • *The Midlife Portal: Rebirthing the Self*

Ali Loraine • *Reclaiming Strength: What the Body Learns on the Trail*

Beryl Ryan • *Tapping Through Changes, Finding You*

**2:45 – 3:00 PM | Break**

**3:00 – 4:15 PM | Session Four: RESONATE**

*Purpose, Wisdom, Legacy*

Scotti Stephens • *The House She Builds: Finding Strength and Softness in Midlife*

Nancy Hadley • *Finances as Legacy: Building Wealth with Purpose*

Terese Luikens • *Why Bother: Forgiveness, Grief, and the Work of Carrying On*

**4:15 – 4:30 PM | Pause**

Sip, scent, stretch, or step outside.

**4:30 – 5:00 PM | Closing Circle: The Whisper Weave**

Stories, reflections, and collective anchoring with Dr. Jen + Shelly Johnson