

# schedule

8:30 am - 4:30 pm

## REGISTRATION

## KEYNOTE

Delphine Remy

## AM SESSIONS

Introduction

HealthCorps 101

Experience HC

## BREAKOUT

Sahaja Meditation

Yoga

Psychology of Eating

## LUNCH

Meet the local wellness community

## PM SESSIONS

The Approach

Wellness champion panel

Culture Shift

## CLOSING

## ASSESSMENT

Optional

Wellness. Simplified.  
31 MAY 2018 • HOUSTON FOOD BANK

