THURSDAY, OCTOBER 18

PUBLIC HEALTH OVERVIEW

8:00 Coffee and Light Breakfast

9:00 Welcome and Introduction  Beth Carr / Robert Davis
9:15 Keynote on Public Health  Dr. Richard Jackson

10:15 Break

10:30 Living Toward Death  Dr. Peter Brown
11:15 Why Wellness?  John McGinty

12:00 Lunch - on your own

BODY SPIRIT MIND

1:30 Wellness for All  Dr. Hillary Glenn,
2:10 You Are What You Eat  DNP, FNP-BC, IFMCP
2:40 "Loco"motion  Elizabeth Trapp, RDN
3:10 Break  Dr. Jon Raley

3:30 "Return Power to Your Body  Marie Anne Boularand
4:00 Tapping the Inner to Perfect the Outer  Dr. Prudence Farrow Bruns
5:00 Wine Reception  AV Courtyard
6:30 Concert, Julia Othmer Ticketed Event  The REP Theatre
   To register: www.LoveTheRep.com

8:00 Dinner - on your own
## FRIDAY, OCTOBER 19

**BODY SPIRIT MIND**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30</td>
<td>Yoga Class on the Lyceum Stage</td>
<td>Mindy Norris</td>
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<tr>
<td>8:00</td>
<td>Coffee and Light Breakfast</td>
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<tr>
<td>9:00</td>
<td>AARP Livable Communities Initiatives</td>
<td>Leslie Spencer</td>
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<td>9:45</td>
<td>Learning from the Villages</td>
<td>Andres Duany</td>
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<td>11:00</td>
<td>Break</td>
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<td>11:15</td>
<td>Conclusion &amp; Discussion for Next Steps</td>
<td>Dr. Richard Jackson</td>
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</tbody>
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**THANK YOU TO OUR SPEAKERS, SPONSORS AND MEMBERS FOR MAKING THIS EVENT POSSIBLE**

The Seaside Institute believes in promoting building sustainable places through design and education, using Seaside as a living laboratory.

**Our mission is to help people create great communities.**

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