



# EDGE OF AMAZING

A Health And Well-being Summit

Presented by:



Edge of Amazing is an annual event dedicated to connecting, educating and inspiring health & well-being advocates to enhance whole-person health and health equity.

Join us at the 2023 Edge of Amazing as we explore: Reconnection - Integrating Heart and Soul Practices that Heal, Sustain and Improve Well-being for Ourselves and our Community.

**Wednesday, October 18, 2023**

Delta Hotels by Marriott in Everett  
\$95 registration (includes breakfast & lunch)  
Register today at: [edgeofamazing.org](https://edgeofamazing.org)

## Speakers

- ✓ The Stories We Tell: Critical Hope, Healing & Joy with Luis Ortega
- ✓ Becoming Human: Finding Our Humanity as Helpers Once Again with Annie Thomas-Landrum
- ✓ 2023 Snohomish County State of Well-being Report with Jessica Burt
- ✓ Practicing Mindfulness and Compassion with Laura Chun
- ✓ The Healing Power of Art and Creativity with Cynthia Gahan, Heart Art Healing
- ✓ With emcee Tonya M. Drake, Chancellor and Regional Vice President, Northwest, Western Governors University

## Afternoon Breakout Sessions:

- ✓ Small Group Workshops in Improving Access to Services and Telling Your Story.
- ✓ An EOA Data Roundtable area providing an open space for local health and well-being information exchanges.
- ✓ Heart Art Healing will facilitate an individual card collage project and an inspirational art exhibit. Includes information about using art for wellness with your communities.
- ✓ A LiveWellLocal™ Community Resource Share Area featuring a broad array of local well-being resources.
- ✓ A sneak peak into The Daily Herald's Behind The News Stories: an inside look at community journalism.

