WORKSHOP SESSION #1
9 to 9:45 a.m.

**Dr. Dave Schramm**  
Happy Hacks for Thriving Personally
Life can be overwhelming and we simply aren’t our best as parents or as spouses/partners when we are dragging personally. Thankfully, new research discoveries in positive psychology and neuroscience show we can improve our brains, mood, behavior, and relationships with a few tweaks! Using personal stories, humor, and his “Positivity Pyramid,” Dr. Dave will share several happy hacks that lead to flourishing, which spills over into all other aspects of life!

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**Paige Smathers**  
Body Image: Why It’s Important for Our Health and Happiness
This presentation will cover the state of the science about body image. Feeling negatively about our bodies can make caring for them far more difficult, thus impacting our health and happiness. And, struggling with body image can create ineffective eating patterns and behaviors that actively harm our health and overall well-being. So, how do we develop a healthy body image? This presentation will cover four powerful steps to a more positive, healthy, realistic and sustainable approach to body image.

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**Marla Dee**  
Living Free of Clutter and Becoming Organized at Last!
How would it feel to have your home free of clutter? In today’s world we are bombarded with information and stuff! So, there is clutter everywhere – on our phones and computers, desktops and countertops, bedrooms and basements, closets and cupboards. We crave being free of the clutter and fantasize about being organized, but it feels impossible. Marla Dee is here to change that. As a professional organizer for 20 years, Marla has seen the pain! With contagious enthusiasm and stories from real clients, Marla shares her belief that living organized is a skill anyone can learn. Her Clear & Simple Systems teach where to start, what to do and how to keep it up. They work for stuff, paper and your time. If you are ready for a change, come get everything you need to make it happen.

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**Lindsey Hargett**  
Bringing Cooking Home
Lindsey will share priceless tips and advice on figuring out how to get the most out of cooking for your family, and how sharing meals together can be crucial in bonding as a family unit.

WORKSHOP SESSION #2
10 to 10:45 a.m.

**Dr. Dave Schramm**  
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Jessica Bigler  Filling Your Cup Efficiently: Incorporating Self-Care into Your Busy Day
Caring for yourself isn’t selfish. The challenge for most of us is finding the time to do it. Self-care is often seen as one more thing to do and can find its way to the bottom of our lists. Come learn about the mental and emotional benefits of practicing self-care daily, some unique ideas on how to incorporate it into what you do each day, and leave with a personalized self-care plan.

WORKSHOP SESSION #3
10:55 to 11:40 a.m.

Callie Ward  The Financial Binder
Having a plan in place is one of the best ways to say, “I love you” to your family. Does that get you motivated to get financial documents in order? After losing my grandpa, I started creating my own financial binder using what USU Extension has shared in the past and am working on transitioning it to an easier and more digitized version. Here are some other things to ask yourself: What can we learn from recent flood and hurricane disasters? What do you need to know and have ready if you are forced to leave your home quickly during a disaster or emergency? What information would your family need to have access to in case of your death or incapacitation? What paperwork do you need to get a mortgage or do your taxes? Are you ready yet? Have you found the reason you need to get a financial binder started? If you love someone, is this something you can do for them or even for yourself? Join in with me as I go through creating a financial binder!

Maria Eckersley  Mom Hacks 101
Most mainstream organization systems look great on Pinterest but fall apart amid the chaos of everyday family life. This workshop is all about finding balance in the messy middle. We walk through the process of creating mom hacks and dig into some of my most popular tips. These simple strategies will help you streamline the everyday hassles and make time for the things that matter most.

Marilyn Albertson  12 Keys to a Healthy Future – Embracing Aging
This interactive workshop will address the 12 keys to healthy aging. Whether you are 8, 18 or 48, lifestyle choices at any age make a difference in a person’s future health and well-being. Although we all think we will never be old, our daily decisions will determine our future and how we age. The 12 keys are: 1) Attitude is Everything, 2) Eating Healthy, 3) Get Fit, 4) Brain Health, 5) Be Social, 6) Tune-in the Times, 7) Stay Safe, 8) Know Your Numbers, 9) Manage Your Stress, 10) Financial Affairs, 11) Sleep Tight, 12) Take Time for You. Games, activities and tools will be provided to use personally and share to unlock the door to a long and healthy future.
Nicole Bennett  
**Live an Extraordinary Life: Discover Your Vision, Passion and Purpose**

Learn how ditching your to-do list and creating a vision that is aligned with your passion and purpose can help you lead a more joy-filled life, regardless of your personal circumstances or stage in life. We all feel “stuck,” at times. Do you set goals, only to wind up feeling frustrated and disappointed with yourself for not achieving them? Studies show that by age 50, only 14% of people achieve their goals. Whether you are 18 or 80, married, single or divorced, at home with children, or an empty nester, this session is for you!

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**SNACK BREAK**

11:40 a.m. to Noon

**KEYNOTE SPEAKER:** Brooke Walker  
Noon to 1 p.m.

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**KEYNOTE PRESENTER:** Brooke Walker

Brooke Walker is the host and executive producer of “Studio 5 with Brooke Walker.” She is an Emmy award-winning journalist and a member of the KSL News Team, where she frequently contributes as an anchor and reporter. A homegrown Utah girl, Brooke is actively involved in her community and enjoys speaking to local groups and organizations. She is proud of her work with a variety of charitable organizations including Operation Smile and Primary Children’s Hospital.

Brooke attended Brigham Young University where she studied Broadcast Communications. Prior to her time at KSL, Brooke worked for the Public Affairs Department of The Church of Jesus Christ of Latter-day Saints. Brooke loves finding inspiration from other people’s life experiences and enjoys sharing those stories with viewers. In her spare time, you can find Brooke curled up with a good read or cashing in on quality “girl time” with her three sisters. Also high on the list: shopping, working out and anything chocolate. Brooke’s most important and cherished titles are wife and mother. She and her husband, Marc, are the proud parents of Emme, Boston and Lucy.
PRESENTER BIOGRAPHIES

**Paige Smathers, RDN, CD** is a registered dietitian nutritionist in private practice and podcaster whose work revolves around helping people heal their relationships with food and their body. She specializes in chronic dieting, addiction recovery nutrition, eating disorders and family feeding dynamics. Her approach to nutrition and health is grounded in mindfulness and is rooted in the intuitive eating and Health at Every Size frameworks. She is the owner of Positive Nutrition®, which provides individual nutrition therapy, online courses, and mentorship and coaching for professionals.

**Dave Schramm**, known as “Dr. Dave” on campus and across the country, is a professor and family life Extension specialist at Utah State University in the department of Human Development and Family Studies. After graduating with his Ph.D. from Auburn University, he worked as a professor at the University of Missouri for 9 years. Since arriving at USU in 2016, he has been appointed by Governor Herbert to serve on Utah’s Commission on Marriage, he appears monthly on Fox 13’s “The Place” and he launched a Facebook page (DrDaveUSU) where he shares research and tips on helping individuals, parents and couples flourish. From British Columbia to Beijing, China, and from St. Louis to San Diego, Dr. Dave has given over 500 presentations, classes and workshops to a variety of audiences. He married his high school sweetheart Jamie, and they have four children. He loves peanut M&Ms, and the Schramm fam lives in North Logan, Utah.

**Marla Dee** is President of Clear & Simple Organizing and Founder of the Clear & Simple Way. After working for 20 years in the field of professional organizing and helping thousands of clients, Marla now focuses her service on speaking and teaching. She is passionate about setting people, families and businesses free of the clutter in their space and the chaos in their day. She is a master messenger, an international speaker and trainer. She has trained students from nine countries. Marla has appeared on numerous TV, radio and podcast programs throughout the years. She is also the author of “Get Organized, The Clear & SIMPLE Way” and “The ART of Letting Go,” along with numerous other publications sold internationally.

**Callie Ward** is an Extension assistant professor for Utah State University in Garfield County, which is the fifth lowest populated county in Utah. With a population of a little over 5,000, it has a total area of 5,208 square miles, making it the 5th largest county. Her responsibilities cover youth development, rural communities, and family and consumer sciences. She enjoys hiking, ATVing, hunting, baking and will do almost anything for chocolate or a free t-shirt! She tries to include her husband and two kids in on all the fun, and you can follow them on Instagram: @wherearethewards.

**Marilyn Albertson** is an Extension associate professor for Utah State University. Marilyn received her Bachelor’s and Master of Science degrees from BYU in Home Economics and Consumer Education (Family and Consumer Sciences). She was a Family and Consumer Sciences teacher in the Davis School District, taught at BYU during her graduate program, and has worked for USU Extension for 35 years. Marilyn currently provides financial management, housing, emergency preparedness and family life education in Salt Lake County. Recently she worked on a Master Health and Wellness Volunteer Online Workshop on Intellectual Health. She is a trainer with the Department of Consumer Financial Protection for the Your Money, Your Goals Financial Toolkit. Marilyn and a team developed and facilitate the nationally approved, award winning Utah State University Extension Online Homebuyer Education (offered in English and Spanish) reaching hundreds across the nation every year. She enjoys spending time with her family and grandchildren, traveling, reading, relaxing with friends and being outdoors.
PRESENTER BIOGRAPHIES

**Maria Eckersley** is a graphic designer, shop owner and sleep-deprived mom of six. She studied communications at BYU and Ohio State before setting up her own site, MeckMom.com, in 2004. Her clever organization tips, printables and mom hacks have been featured on many popular websites, in Organize Magazine and regularly on KSL's Studio 5. In her spare time, she loves sporadically being healthy, planning ridiculously big parties, and taking on DIY projects that will likely never be finished. She lives with her husband and kids in Draper, Utah.

**Niki Bennett** - In life, you can choose PASSION or FEAR. Nicole lived with debilitating anxiety and OCD for many years. Over a decade ago, she began working with her own therapist and life coach and took an incredible, life-changing journey to the Indian Himalayas, where she confronted her own fears and discovered her life’s purpose - to love and lift others to greatness. Nicole turned her trials into triumphs and eventually became a Licensed Clinical Social Worker - we teach what we want to learn! As a coach and therapist, she feels blessed to help support others on their path to freedom. She can be reached at [www.ascentcoachingandtherapy.com](http://www.ascentcoachingandtherapy.com) or 385-645-5063.

**Lindsey Hargett** is the founder and chef behind Lindsey Kaye Cooking, aka LK Cooking. She graduated from culinary school at MTECH in Utah in 2011, and has been building LK Cooking for almost four years now. She started out as the baker and manager at Magleby’s restaurant in Springville, but wanted a more personal connection with those she created meals and desserts for, so she decided to leave to become a private chef. She now does private caterings for groups around the world, travelling with clients for their vacations or work retreats to create fresh, home-cooked meals to enjoy throughout their trip. Lindsey is very passionate about getting people into the kitchen and teaching them how to be more hands-on with their food. She teaches adult classes for parties and work events, as well as kid’s cooking and baking classes. She teaches all around the state, and teaches monthly kid’s classes at Orson Gygi in Salt Lake. Lindsey regularly appears on local TV stations, such as KSL Studio 5, Fox 13’s Good Day Utah, The Place, and Park City Television, to demonstrate her recipes. She enjoys being in front of the camera and teaching others to cook in every way possible. Outside of cooking, Lindsey loves to spend time with her high school sweetheart, Kolby, and they have been married for 6 years. They have two dogs, Suri and Elsa, who like to taste test everything in the kitchen. Lindsey also likes to garden, read, camp, travel and find fun new restaurants.

**Jess Bigler** is a prevention specialist at Davis Behavioral Health. She earned her Master’s of Social Work from the University of Utah, with an emphasis on supporting children and families. She has focused on adolescent mental health, suicide prevention and community social work. She enjoys learning, spending time with her twin boys, live music, running and being on the water.

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