

# USU Extension Sponsors Celebrating Wellness Conference

**Emma Parkhurst**

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Utah State University Extension sponsors the 8<sup>th</sup> annual Celebrating Wellness Conference (formerly the Celebrating Women Conference) on Saturday, Oct. 18, at the USU campus in Kaysville.

Emma Parkhurst, USU Extension health and wellness faculty for Davis County and conference chair and organizer, said the conference is an annual gathering that encourages participants to make their well-being a priority.

“Through inspiring speakers, interactive workshops, and meaningful social connections, attendees will gain practical knowledge, fresh motivation for positive lifestyle changes, and hands-on skills to help them thrive,” she said.

Keynote speaker Shanna Stevens, a life coach and licensed educator, blends her educational background with unique holistic tools to help clients unlock their fullest potential. Her topic is “From Knowing to Doing: Turning Insight into Lasting Change.”

The conference begins at 10 a.m. and features a pre-conference breathwork session at 8:30 a.m. The event includes two sets of workshop sessions followed by the keynote presentation. Sessions are 45 minutes each with 30-minute breaks between that include craft stations designed as an interactive way for attendees to connect. Light refreshments are also included.

“We look forward to this event every year,” Parkhurst said. “We have an amazing lineup of speakers, and we are confident that those who attend will come away with information and skills to help them in all aspects of their lives.”

Registration cost is \$30. Tickets and information are available at [cwc.usu.edu](http://cwc.usu.edu) or by calling 1-435-919-1321.

## Contact

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