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

Jess Bigler & Nicole Baxter  Everyday Strong: Finding Steadiness in Tough Times
We can do hard things. This year has been filled with uncertainty, disconnection, and overwhelm. Come learn how getting back to your basic needs can help you feel steady and resilient in tough times. Participants will leave with an EveryDay Strong handbook to remind them of the four essential things we need every day.

Claire Warnick  Making a Difference in your Community through the Master Health Volunteer Program
Learn how you can make a difference in your community by participating in the Master Health Volunteer Program! This program, through its innovative online curriculum and individual mentoring, brings health education to counties across the state. It also equips volunteers with the skills they need to make an impact on their own communities, while addressing some of the common barriers to volunteering that can prevent people from engaging in volunteer activities. By participating in the Master Health Volunteer Program in your county, you can help promote health and wellness across the state while increasing your own knowledge and experience.

Deborah Dilley  Demystifying Yoga – EveryBody Yoga
We see it in over and over in new articles: "Feeling stress? Try Yoga! Try Meditation! It solves everything! " But how does one start a yoga or a meditation program? Join us as we talk about the varieties and styles of yoga and meditation. Not all yoga is movement-based, and not all forms of meditation require you to sit with your legs in a pretzel shape for hours on end. Did you know that there is a yoga practice of service? Or that there is a style of yoga that is just breathing practices, or just chanting and song? Using examples and practice exercises, we will explore this larger world of yoga and meditation to find what REALLY works for you. *This class is for all ages, sizes, abilities and experience levels. No special equipment is required and options for conducting all movement activities will be given so that they can be done either standing or sitting (on the floor or in a chair).

JOIN THE SOCIAL MEDIA CHALLENGE

Share something about your Celebrating Women Conference experience and use #CWConf2020 for a chance to win a prize!
WORKSHOP SESSION #2  
10 to 10:45 a.m.

Nicole Bennett  
Passion and Purpose in a Global Pandemic
Life can be difficult to navigate WITHOUT the stress of a global pandemic. Learn how this crisis is also a golden opportunity to discover your “why” and navigate your life with intention, finding insurmountable joy, creativity and the freedom to express yourself authentically.

Amanda Christensen  
Tools to Combat Financial Peer Pressure
Financial peer pressure is both universal and unique. It’s a feeling we can all relate to but affects us each differently. We may be easily sidetracked and sucked into spending decisions that strip us of our financial freedom when we haven’t determined our financial vision and defined our financial “why”. Learn how to define financial values and combat financial peer pressure without wanting to run kicking and screaming to pull your hair out and/or divorce your spouse.

Aryane Oar  
Meal planning is often co-opted by diet culture, but if you resist the temptation of turning it into a diet, this tool can bring you peace and reduce the stress associated with mealtimes. As you won’t have to rely on last-minute decisions about what to eat, it potentially results in meals and food choices that better align with your preferences and nutrition goals.

WORKSHOP SESSION #3  
11 to 11:45 a.m.

Jonathan Swinton  
What Can I Say to Someone Struggling with Anxiety or Depression?
Does someone you care about struggle with anxiety or depression? As rates of these mental health struggles increase across the country it is increasingly important for family members and friends to provide support to those who are struggling. Talking about these issues can be difficult, especially if you have never experience them yourself. This workshop will help attendees learn communication skills that will be key in helping friends and loved one’s better cope with their anxiety and/or depression.

Lauren Weitzman  
Work Life “Balance” – Really?
Is it really possible to find a “balance” with all of our roles and responsibilities? This workshop will facilitate participant self-reflection on current life roles and help you identify more effective coping strategies for navigating their demands. We’ll debunk a few myths about “balance” and offer more realistic metaphors for making our lives more manageable. We’ll share the challenges we face and support each other in finding our way toward the goal of having less stressful and more meaningful lives.

Brittany Badger Gleed  
The Intersection of HAES & Social Justice: Lifting our Collective Voices
The Health at Every Size framework is a holistic, sustainable, and non-weight approach to health. It aims to support people of all sizes, abilities, and identities adopt healthy behaviors and a healthy body image. Often missing from the conversation is how HAES can actively acknowledge, challenge and disrupt systemic oppression and discrimination that hinders one’s ability to live well. In this workshop, we will discuss the intersections of HAES and the Social Justice movement. We will collectively work to identify tools to help us become more self-compassionate in our journeys to live well and build confidence AND explore how HAES can be a tool to address weightism and other forms of oppression to build a more socially just community.
LUNCH BREAK
11:45 a.m. to 12:15 P.M.

KEYNOTE SPEAKER: Gail Miller
12:15 p.m. to 1:15 p.m.

KEYNOTE PRESENTER: Gail Miller

Owner and Chairman
Larry H. Miller Group of Companies

Gail Miller is the owner of the Larry H. Miller Group of Companies and Chairman of the Board of Directors of Larry H. Miller Management Corporation.

The Larry H. Miller Group began with the purchase of a single Toyota dealership in 1979 and is now comprised of more than 80 businesses, including over 60 automotive dealerships, the Utah Jazz, the Salt Lake City Stars, the Salt Lake Bees, theatre complexes, and a variety of insurance, financial and real estate companies. The privately-owned Larry H. Miller Group of Companies is headquartered in Sandy, Utah and employs more than 10,000 people.

The Miller family has created a strong legacy of enriching lives and giving back to the communities in which they do business. Gail presides over the Larry H. Miller Education Foundation and the Larry H. and Gail Miller Family Foundation, which support a wide range of charitable, educational, and humanitarian causes. Gail is the chairman of Intermountain Healthcare’s Board of Trustees and serves on the Zions Bank Advisory Board. She also serves on the National Advisory Council at the University of Utah, the President’s Leadership Council at Brigham Young University and co-chairs the Kem C. Gardner Policy Institute Advisory Board. Gail is a member of the Shelter the Homeless Board, and the Gail Miller Resource Center for homeless men and women bears her name. She is the author of *Courage to be You: Inspiring Lessons from an Unexpected Journey*.

Gail has been recognized with many public honors including Doctors of Humane Letters from the University of Utah and Salt Lake Community College, and an honorary Doctor of Humanities from Weber State University. The Congressional Award Foundation has honored Gail with its prestigious Horizon Award. She is the recipient of the Salt Lake Chamber’s highest award “A Giant in Our City,” as well as the internationally recognized ATHENA Award.
**Jess Bigler** is a prevention specialist at Davis Behavioral Health. She received her master’s in social work at the University of Utah. She enjoys running, spending time with the people she loves, and playing at the lake.

**Nicole Baxter** is a prevention specialist at Davis Behavioral Health. She received her master’s in social work at the University of Utah. She enjoys hosting themed parties, Zumba, and cabin retreats with the fam.

**Claire Warnick** is a Health and Wellness Program Coordinator in Utah State University’s Office of Health Equity and Community Engagement.

**Deborah Dilley** is the owner and operator of Empower Yoga and Wellness. She works in the non-profit world in marginalized communities and victims of crime, she has turned her career to focus on healing.

**Nicole Bennett** is an author, public speaker and licensed clinical social worker. She is passionate about providing clinical therapy and coaching to help others learn, grow and thrive in life, no matter their circumstances. She has been married for 20 years and is the mother of four.

**Amanda Christensen** is a USU Extension Associate Professor specializing in personal and family finance. Connect with her on Twitter, FB, and IG @utahmoneymoms.

**Aryane Oar** is a registered dietitian who specializes in eating disorders, general health, and wellness. She works as a nutrition therapist at Positive Nutrition, a private practice in Salt Lake City.

**Jonathan Swinton** an Extension Assistant Professor with Utah State University Extension in Sevier County specializing in helping the community with family relationships, mental health, suicide prevention, and addictions.

**Lauren Weitzman** is currently Director of the University of Utah Counseling Center, where she has been affiliated since 1997. Her personal and professional interests are in the area of women’s career development and life role balance.

**Brittany Badger Gleed** is the Director of the Center for Student Wellness at the University of Utah. Her office provides the vast majority of health and wellness education, prevention programming and victim advocacy support for campus.

Utah State University is an affirmative action/equal opportunity institution.