

# Harmony in Blue: Mental Health Summit with Insights from the Blue Zones

## Agenda: Friday, September 6<sup>th</sup>

**8:00 am - 8:30 am: Registration and Welcome**  
**Fine Arts Lobby**

- Coffee and water available

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**8:30 am - 8:45 am: Opening Ceremony**  
**Fine Arts Theater**

- Welcome Address by Conference Organizers
- Introduction of Conference Sessions

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**9:00 am – 9: 50 am**

**Session 1: Yoga with Purpose**  
**Gym 231A**

**Speaker:** Amy Toft

**Description:** Experience a rejuvenating flow as you'll be guided through a series of gentle and restorative movements that will be kind to everybody. More attention will be placed on the facilitation of stillness for deep relaxation, muscular release, increased breath capacity, and the quieting of the mind.

**Session 2: Colliding Cultures: Barriers to Mental Health and Wellness in Hispanic Communities**  
**Fine Arts 119**

**Speaker:** Octavio Saldana

**Description:** This presentation will feature Mr. Saldana's engaging personal and professional journey, which has shaped his approach in working with clients in need within the Hispanic community. Mr. Saldana will discuss how cultural norms, generational coping mechanisms, and the impact of "machismo" contribute to the cultural obstacles in accessing mental health support within Hispanic communities. He will also share his strategies for building rapport and promoting improved mental health in the Hispanic Community.

**Session 3: Improving Brain Health Through Nutrition**  
**Fine Arts 87**

**Speaker:** Sarah Renaldi, MSN, RDN, LD

**Description:** Explore the fascinating connection between nutrition and brain health in this enlightening session. Designed for individuals interested in optimizing cognitive function and overall well-being, this class delves into the impact of diet on brain health and offers practical insights to support mental clarity, focus, and long-term cognitive vitality. Embark on a journey to nourish your mind and cultivate cognitive wellness through the power of nutrition. Join us in exploring how simple dietary changes can have profound effects on your brain health and overall quality of life.

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**10:00 am - 10:50 pm:**

**Session 4: Breathwork and Mindfulness**

**GYM 231A**

**Speaker:** Ranie Evans

**Description:** Breathwork and meditation are powerful practices that can significantly benefit mental health by promoting relaxation, reducing stress, and enhancing overall well-being. Join us in this session of total relaxation as Ranie guides you through a transformational journey of exploring meditation and breathwork.

**Session 5: Deadlifts Over Depression**

**TAYLOR 276**

**Speaker:** Cade Searle, DT, DPT

**Description:** Join us for "Deadlifts Over Depression," a dynamic and informative session led by a seasoned physical therapist. This breakout session will delve into the powerful connection between resistance training and mental health, highlighting how regular strength training can combat stress, anxiety, and depression. In addition to the discussion, participants will engage in a live movement segment, learning and practicing the fundamental techniques of essential exercise movement patterns. Whether you're a fitness enthusiast or new to resistance training, this session promises valuable insights and practical skills to enhance both your physical and mental well-being. Don't miss this opportunity to lift your spirits and strength!

**Session 6: Ikigai: Living & Working with a Sense of Purpose**

**Fine Arts 119**

**Speaker:** Bridgette Stumpf and Lindsey Silverberg

**Description:** This workshop will dive into the concept of Ikigai (a Japanese word meaning "reason to live") and will identify lived experiences that can impede connection to our purpose. Attendees will explore how meaning-making and resiliency can be useful strategies for seeking and living a purposeful life. We will discuss evidence-based approaches to build resiliency as a way to respond to events that subvert purpose. Participants will leave with an Action Plan that includes key steps toward building purpose and a guide for practicing resiliency in our lives.

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**11:00 am – 11:50 am:**

**Session 7: The Lonely City: How Our Built Environment Isolates Us and What to Do About It**

**TAYLOR 277**

**Speaker:** Chris Danley

**Description:** Americans are lonely. As our use of technology and social media grows, mounting evidence proves that our city landscapes are also contributing mightily to a lack of social interaction and meaningful relationships. Blue Zones has worked coast to coast to address policies, craft game-changing projects, and promote healthier environments and quality of life. Join the session to learn about these

deadly, avoidable conditions and the many tools that can be used to reverse the effects of social isolation.

### **Session 8: [REPEAT] Breathwork and Mindfulness**

#### **GYM 231 A**

**Speaker:** Ranie Evans

**Description:** Breathwork and meditation are powerful practices that can significantly benefit mental health by promoting relaxation, reducing stress, and enhancing overall well-being. Join us in this session of total relaxation as Ranie guides you through a transformational journey of exploring meditation and breathwork.

### **Session 9: Mediterranean Mealtime**

#### **Desert Kitchen**

**Speaker:** Cooper Smith and Abbigail Sundell

**Description:** Join us in this cooking class to explore the wonderful flavors of Mediterranean cuisine. We will guide you through creating a baked cod dish with tomatoes and capers, a refreshing bean salad, authentic fava dip, and a light dessert of Greek yogurt with fruit preserves. These dishes highlight the nutritious benefits of fresh ingredients, and are low in saturated fats and processed sugars, promoting overall health and well-being. Our chefs will show you how easy it is to make these dishes, and you will leave the class feeling confident and inspired to add Mediterranean flavors to your cooking repertoire.

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### **12:00 pm - 12:50 pm: Lunch Break**

**Free Lunch Served with World Suicide Prevention Day Event**

**Outside on the lawn behind the Taylor building**

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### **1:00 pm - 2:00 pm:**

**Keynote Session: Success is Not a Destination, it's a Mindset**

**Fine Arts Theater**

**Keynote Speaker:** Marcus Smith

**Description:** "Success is not a destination, but rather a mindset" is a powerful keynote that challenges the conventional notion of success. It explores the idea that success is not defined by external achievements, but rather by one's mindset, attitude, and approach towards life and challenges.

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### **2:15 pm – 3:15 pm**

**Session 10: Wellness and Creative Expression Through Nature**

**TAYLOR 277 and grass area outside Fine Arts**

**Speaker:** Laura Stewart

**Description:** What does nature bring to Wellness? Everything! Throughout history, cultures around the world have turned to nature as a source of improved health and well-being. While science continues to support this connection, and more programs are emerging to help us understand it, as human beings, we continue to spend much of our time indoors. In this session, we'll help you get back to nature, whatever that means to you. A growing body of evidence tells us something we know intrinsically – increased exposure to natural environments is connected to improvements in many areas of wellness.

We'll focus on what nature brings to your well-being table – how it improves your physical health, calms you down, restores your soul, and connects you to yourself and with others. We'll also take time to explore the beauty of silence (not something we typically do in our busy lives). Nature also inspires and boosts creativity! Speaking of creativity, we will do a fun art project – and yes, everyone can be creative! To round out the session, you'll take away an intention to incorporate nature into your well-being journey.

### **Session 11: Make and Take: Whole Foods Meal Prep**

#### **Desert Kitchen**

**Speaker:** Melissa Sleight, MSN, RDN, LD

**Description:** In this plant focused meal prep class, you will discover how easy it is to make multiple meals in record time, while nourishing your whole body. Cook, prep, and store your meals even if you have never done meal prep before. You don't need fancy equipment or expensive ingredients. We'll get back to the basics of whole foods. In this make and take class, we will finish cooking various items, and assemble several fresh meals for the coming week. We'll provide menus, shopping lists, and recipes as well as time saving techniques and tips to equip you with the skills to be able to do this again and again at home.

\*Note: Please plan to return after the summit is over to pick up your meals. Alternately, you can take them when you leave.

### **Session 12: [REPEAT] Ikigai: Living & Working with a Sense of Purpose**

#### **Fine Arts 87**

**Speaker:** Bridgette Stumpf and Lindsey Silverberg

**Description:** This workshop will dive into the concept of Ikigai (a Japanese word meaning "reason to live") and will identify lived experiences that can impede connection to our purpose. Attendees will explore how meaning-making and resiliency can be useful strategies for seeking and living a purposeful life. We will discuss evidence-based approaches to build resiliency as a way to respond to events that subvert purpose. Participants will leave with an Action Plan that includes key steps toward building purpose and a guide for practicing resiliency in our lives.

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### **3:30 pm - 4:00 pm: Closing Ceremony**

#### **Theater**

- Recap of Key Highlights
- Thank You Note from Organizers

