Program Schedule

Friday, June 26 (7-9 p.m.)
6:30 p.m.  Registration Begins
7- 7:15pm  Welcome – Rev. Don Lansky, Cynthia Moore, MS, RD, CDE,
~ Seminar Sampler~
7:15-8:45  Jim Dykes, MD – Listening, Surrender, and Mindfulness
John W. Travis, MD, MPH – Wellness through the Lifespan
Susanna Williams, PhD – Connection and Healing
Rev Patricia Gulino Lansky, LCSW – Lifelong Wellness
8:45  Reception (Provided by Rebecca’s Natural Food)

Saturday, June 27 (10a.m.-4:30 p.m.)
9:30  Registration Begins
10-10:15  Welcome with Rev. Don Lansky, Cynthia Moore MS, RDN,
Susan Bauer-Wu, PhD, RN, FAAN
10:15-10:30  Everyday Mindfulness with Jim Dykes, MD
Learn a simple sitting meditation that can awaken the heart, and quiet the mind
10:30-11:20  Beyond Ordinary Wellness: A Roadmap to Full-Spectrum Wellness with
John W. Travis, MD, MPH
Learn how the dimensions of the Wellness Energy System—breathing, sensing, eating,
moving, playing, thinking, feeling, communicating, finding meaning, and transcending—
encourage self empowerment rather to reduce the need for treating symptoms.
11:20-11:40  Questions & Discussion
11:40-12  How Can I Bring Greater Wellbeing Into My Heart, My Life? (select one)
-Mindfulness Walk, Jim Dykes MD or
-Exploring the Duke Wheel of Health, personal self-assessment,
Cynthia Moore, MS, RDN
Sharing a brief questionnaire to assess areas of wellbeing that matter most to you
12:00-12:45  Lunch provided by Maya Restaurant
12:45-1:40  The Phenomenon of Disappearing Dads with John W. Travis, MD, MPH
Learn how to ameliorate or prevent Male Postpartum Abandonment Syndrome (MPAS),
the mechanism behind why 30% of dads physically leave—and 90% leave emotionally—
within a few years after their first child is born.
The Healing Power of Connection with Susanna Williams, PhD
The impact of early stressors on development and how mindfulness can help self - direct for healthier options.

Tea break

Embracing Life Fully at the End of Life with Rev. Patricia Gulino Lansky, LCSW
How does death prepare us for a greater, expansive life? Experience the possibility of moving toward the end of life with curiosity and an open heart.

Experiential Breakout Session  (Choose one session)
Please select the experience you’d most like to explore

ITP-Integral Transformative Practice  Jim Dykes, MD
"Can't sit still? Learn how mindful movement can enhance both mindfulness, and fitness. ITP is easy to learn, and fun to practice

Touching Presence through Sound Healing  Andrea Wenger, MAHA
Relax into the present moment with greater ease as you are guided in the use of breath and voice for personal clearing and healing. Crystal singing bowls, and other instruments facilitate access to meditative states where spontaneous healing can occur.

Developing the Compassionate Heart  Susanna Williams PhD
Experience a meditation practice that increases the skill of compassion toward self and others.

Exploring the Online Wellness Inventory  Shannon Foster
Enhancing Wellbeing through the Wellness Inventory at WVU: Come learn about the use of the Wellness Inventory as a coaching tool for students enrolled in an academic course. Bring your laptop for a more in-depth experience.

What If You Didn't Have to be Afraid of Death?  Rev. Patricia Gulino Lansky, LCSW
Modeled after the Death Cafe concept, you’ll have the opportunity to join in an authentic and open discussion about how we deal with the deaths of people we love. We’ll also do an exercise to expand your compassionate heart.

Moving Beyond Chronos: A Labyrinth Walk  Rev. Kate Adamson, Labyrinth Guide
Step into the timeless, ancient healing pattern of the labyrinth and experience the power of the winding path to relieve stress, to attune to the present moment, to balance left and right brain, and to open yourself to wellbeing of body, mind and spirit. Walk in community and share your experience together: For your health and comfort please bring protective clothing, shades and hat!
4-4:20  **Panel of Presenters: Q & A** JW Travis, MD, MPH;
       Rev. Patricia Gulino Lansky LCSW, Jim Dykes MD, Susanna Williams, PhD.

4:20-4:30  Closing with Rev. Don Lansky & Cynthia Moore MS, RDN