

# Day 1 Schedule

9:30am-10:30am	Dr. Annabi MD on Pain & Pain Management	
10:30am-11:30am	A How to Guide on Obtaining Maximum Disability with Thomas Stewart MS, PA-C, JD	
LUNCH	Getting Active Demo with Rachel Allen, Certified Personal Trainer	
1pm-1:45pm	Pain Management & Welllness with Dr. Jimenez PT, DPT, CKTP	Mindfulness with the Kadampa Meditation Center
2pm-2:45pm	Mindfulness with the Kadampa Meditation Center	Skin Health & Wellness with Francisco Trejo, PA-C
3pm-3:30pm	Free Roam Display Time! Browse exhibitor booths to learn about resources and support services in your community	

# Day 2 Schedule

9:30am-10:30am	Medical Marijuana & the Law with Mark Chadwick, JD	
10:30am-11:30am	Nutrition, Food, and You with Hana Feeney MS, RD	
LUNCH	Yoga Demo with Rachel Allen, Certified Personal Trainer	
1pm-1:45pm	Cooking Demo with Katie Lehn, RD	Handi-Dogs Demonstration w/ Sue and Darcey
2pm-2:45pm	What's New in Migraines with Jason Castro, MSN, FNP-C	Cooking Demo with Katie Lehn, RD
3pm-3:30pm	Free Roam Display Time! Browse exhibitor booths to learn about resources and support services in your community	