

# Day 1 Schedule

<b>9:30am-10:30am</b>	<b>Dr. Anabi MD on Pain &amp; Pain Management</b>	
<b>10:30am-11:30am</b>	<b>A How to Guide on Obtaining Maximum Disability with Thomas Stewart MS, PA-C, JD</b>	
<b>LUNCH</b>	<b>Getting Active Demo with Rachel Allen, Certified Personal Trainer</b>	
<b>1pm-1:45pm</b>	<b>TBA</b>	<b>Mindfulness with the Kadampa Meditation Center</b>
<b>2pm-2:45pm</b>	<b>Mindfulness with the Kadampa Meditation Center</b>	<b>TBA</b>
<b>3pm-3:30pm</b>	<b>MMSE Screenings with Shelby Slcoum, BA Neuropsychology</b>	

# Day 2 Schedule

<b>9:30am-10:30am</b>	<b>Medical Marijuana &amp; the Law with Michael Chadwick, JD</b>	
<b>10:30am-11:30am</b>	<b>Nutrition, Food, and You with Hana Feeney MS, RD</b>	
<b>LUNCH</b>	<b>Yoga Demo with Rachel Allen, Certified Personal Trainer</b>	
<b>1pm-1:45pm</b>	<b>Cooking Demo with Katie Lehn, RD</b>	<b>TBA</b>
<b>2pm-2:45pm</b>	<b>What's New in Migraines with Jason Castro, MSN, FNP-C</b>	<b>Cooking Demo with Katie Lehn, RD</b>
<b>3pm-3:30pm</b>	<b>MMSE Screenings with Shelby Slcoum, BA Neuropsychology</b>	