The Reset.

A Market for Modern Wellbeing

Daily Schedule of Events

Time	Event	Topic	Speaker/Presenter/Instructor
10:30am - 10:45am	Snapshot Talk	Inflammation Reset: Cryo, Light & Compression That Actually Help	Dr. Bryan Strother - Corrective Chiropractic/Hot Place to Chill Main Floor
11:00 - 11:15am	Snapshot Talk	Health & the Knitting Connection	Stacy Nelson - Goods & Heroes Main Floor
11:30 - 11:45am	Snapshot Talk	Disc Bulge Playbook: The 15 min. Game Plan	Dr. Bryan Strother - Corrective Chiropractic/Hot Place to Chill Main Floor
12:00 - 12:15pm	Snapshot Talk	Meaning & Mindfulness: How to use a Mala	Elizabeth Kerndt - Lizzie Bea Main Floor
12:30 - 12:45pm	Mini Class	Group Energy Healing	Jen Wolffis - Heart Guided Healing Main Floor
1:00 - 1:15pm	Snapshot Talk	Power 9 - Principles of the Blue Zones	Heidi Smith, NBCHWC Main Floor
1:30 - 2:00pm	Mini Class	Pilates	Christie Frisch - Prana Life Mezzanine Level
1:30 - 1:45pm	Snapshot Talk	The Power of Community & Your Heath	Jeana Anderson Cohen- Petite Acres Main Floor
2:00 - 2:15pm	Snapshot Talk	The Anti-Inflammatory Reset: How Food Can Heal Your Body	Heidi Smith, NBCHWC Main Floor
2:30 - 3:00pm	Mini Class	Barre	Jeanna Cohen - Petite Acres Main Floor
3:00 - 3:15pm	Snapshot Talk	Mindfulness for Agility, Communication & Focus	Deirdre Guthrie, PhD, Wellbeing Scientist, Anthropologist Spore Studios Main Floor
3:30 - 4:00pm	Mini Class	Qi Gong	Elizabeth Nuti - Skybird Yoga Mezzanine Level
4:30 - 4:45pm	Snapshot Talk/Demo	Singing Bowls	Kira Hyatt - Nourished Spirit Main Floor