

Wellness Accelerator 2023

Welcome to the Wellness Accelerator 2023! Each circle table-top presentation will last approximately 15 minutes. Keep an eye on the TV screens throughout the room to see the timer clocks so you will know how long until the next rotation. Feel free to wander through the presenters in any direction you'd like.



Rectangles tables and congregation seating areas in the center can be visited anytime. *Enjoy!*

Presenters & Table Numbers (Round Tables):

1. Developing wellness as an essential for your faculty, staff and students

Elyse Pearmain: Yoga Teacher, Health & Wellness Lead, Copper Hills High School

2. The Parable of the Pots: Ways to help students (and yourself) deal with procrastination and perfectionism

Hillary Hermansen, Teacher, Copper Hills High School

3. Slab Mugs, Meditation and More: Rethinking the "Social Committee"

Michelle Putnam, Assistant Principal, Bingham High School

4. 21st century students needs 21st century skills

Brenda Straley, Teacher, JATC-S

5. Language, Culture and Wellness: Inclusive ideas for diverse populations

Toni Brown, Community Outreach, Language & Culture Services

6. Calm is a Superpower

Sheri Morris, Elementary Counselor, Ridge View Elementary

7. Implementing self-care in the classroom

Theresa Christensen, Principal, Falcon Ridge Elementary

8. SEL and Physical Education

Angela Thompson, Teacher, Copper Mountain Middle School

9. Natural vs. Artificial Light and Your Health

Kara Atchison, Counselor, South Hills Middle School

10. Chair yoga & SEL

Paige Wightman, Wellness Specialist, Health & Wellness

11. SEL Curriculum options for your school

Jodee Packer, Wellness Specialist, Health & Wellness

Information Tables: Open house-style visit these tables in the center as they are always open.

1. **Jordan Education Foundation**, Jody Stone
2. **Employee Wellness Center**, Wendi Bergstrom, Wellness Specialist, Health & Wellness
3. **PEHP**, Jody True
4. **Blomquist Hale**, Rachel Farrington

