

Date	Time/Venue	Description	Workshop	Speaker
April 7	3:30 PM #3/NAB	Registration		
	4:00 PM #3/NAB	The Art of Being Human week opening	A Journey Toward Happiness and Fulfillment	Dr. Chan Young Bang President
	4:15 PM #3/NAB	Workshop	The Art & Science of Mindfulness	Dr. Christopher Bridges Dean of Student Affairs
	5:15 PM	Coffee-break	Recreation Area, New Academic Building	
April 8	3:30 PM #3/NAB	Registration		
	4:00 PM #3/NAB	Workshop	Getting So Comfortable With Discomfort That You Crave It	Dr. Michael Blasie Dean of School of Law
	5:00 PM	Coffee-break	Recreation Area, New Academic Building	
April 9	3:30 PM #3/NAB	Registration		
	4:00 PM #3/NAB	Workshop	A Walk in the Park: Nature Connectedness, Wellbeing, and Personal Growth	Dr. Matthew Hall, CHSE Dr. Tracy Darch-Hall, CHSE Ms. Claire Salmi, CHSE
	5:00 PM	Coffee-break	Recreation Area, New Academic Building	
April 10	3:30 PM #3/NAB	Registration		
	4:00 PM #3/NAB	Workshop	The Heart and Mind Connection: Strengthening Relationships through Emotional Intelligence	Dr. Herman Grobler, CHSE
	5:00 PM	Coffee-break	Recreation Area, New Academic Building	
April 11	3:30 PM #1/NAB	Registration		
	4:00 PM #1/NAB	Movie	"The Dressmaker" movie	Prof. Cole Russing, CSS