



# Agenda

**Friday September 13, 2024, 5:30 p.m. to 9 p.m.**

**"Disconnect from Stress"**

5:30 - Welcome by Amy Graham

6:15 - A "Glimpse" behind the camera by Holly Evensen

7:00 - The joy of flowers by Alaina Portmann

8:00 - Dress up Tea Party by Sarah Williams

9:00 - Goodnight and what to expect tomorrow

**Saturday September 14, 2024, 9:00 a.m. to 4:30 p.m.**

**"Rediscover Playful Creativity"**

8:00 - Doors open

8:05 - Hike/ mingle\*\*

9:00 - Welcome Keynote by Amy Graham

10:00 - Playful Painting with Watercolor by Amy Graham

11:00 - Writing for the fun of it by Vanessa Thurgood

12:00 - Lunch provided by Simply Delicious Catering

1:00 - "Feel the Beat" drumming circle by Nicole Packer

2:00 - Mindful Mandalas by Jenna Layton

3:00 - Getting Creative by Jeana Atkison

3:45 - Joy Boarding

4:15 - Thank you and end

\*\*Hike is optional.

\*\*\*Registration is required to attend.

This event is located at 14511 S 1st E Idaho Falls, Idaho 83404-8143.

**"From Burnout to Brilliance"**