# University Staff Conference Agenda

**Friday, October 28, 2016**

**Tundra Lodge**  
865 Lombardi Avenue, Green Bay, Wisconsin

<table>
<thead>
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<th>Time</th>
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| 7:30am – 8:30am | Registration  
Hot Breakfast [included] |
| 8:30am – 8:45am | Welcome – Provost Greg Davis |
| 8:45am – 10:00am | **Break-out Session I**  
*Kenneth T. Wolinski - Halfway There: A Retirement Checkup*  
*Liysa Callsen - Improv Everyday - Keeps the Doctor Away!*  
*Randy Fox - Get a Life!*  
*Samantha Goeller & Hannah Hargis - Flex & Focus: Conquering the Workday Doldrums Through Mindfulness and Movement* |
| 10:00am – 10:15am | Break |
| 10:15am – 11:30am | **Break-out Session II**  
*Roy Raush - Your Wisconsin Retirement System (WRS) Benefits*  
*Liysa Callsen - Fear Smashing, Goal Blazing*  
*Randy Fox - The Best Team Wins*  
*Don & Mary Ann Sallenbach - Eat Better, Live Better!* |
| 11:30am – 12:00pm | **Mystery Session** |
| 12:00pm – 12:45pm | **Lunch [included]** |
| 12:45pm – 2:00pm | **Break-out Session III**  
*Chastity Hartl - Identity Theft: What YOU Can Do!*  
*Amy Wolf & Heidi Fencl - Bees, Bales and Your Own Backyard*  
*Kerry Geocaris & Brad Bordini - Working in Mindfulness Methods*  
*Sensei Blue & Guro Maternowski – Martial Arts: Creating a Safety Net!* |
| 2:00pm – 2:15pm | Break |
| 2:15pm – 4:00pm | **Keynote**  
*Kerry Geocaris & Brad Bordini - Joyriding: Find Your Star and Follow It* |
| 4:00pm – 4:30pm | **Closing Remarks and Prizes** |

*Thanks for coming!!*  
*Hope to see you next year 😊*

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