THURSDAY, MAY 10th
8:00 am - 2:00 pm

7:45 am - 8:15 am - Check in and Breakfast
Breakfast will be served at 7:45am at the West Covered Patio of Beckman Institute.

8:15 am - 8:30 am - Opening The Event - Julia McCallin
Julia will officially open the event at Beckman Institute Auditorium.

8:30 am - 9:30 am - Keynote Speaker Cameron Stout
Keynote speaker Cameron Stout. Cam is a Princeton and USF Law School graduate.

9:30 am - 1:30 pm - Wellness Fair
Wellness Vendor Fair - Come by and talk to our vendors about essential oils, meditation, exercises, Health food choices, positive affirmation cards and much more.

9:45 am - 1:45 pm - Massage Station
4 masseurs will be offering chair massage - First come, first serve basis.

10:00 am - 2:00 pm - Wellness Activities

Activities With Schedule - Need Sign Up

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
<th>SIGN UP</th>
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<tr>
<td>10:00 - 10:30</td>
<td>Aromatherapeutic Yoga</td>
<td>Pili Bailey</td>
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<tr>
<td>10:45 - 11:15</td>
<td>Tai Chi</td>
<td>Dahari Kronenberg</td>
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<td>11:30 - 12:00</td>
<td>Stretches with Bands</td>
<td>Julio Moran</td>
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<td>12:15 - 12:45</td>
<td>Meditation</td>
<td>Maia Akiva &amp; Jamie Wozny</td>
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<td>1:00 - 1:30</td>
<td>Stress Relief</td>
<td>Dahari Kronenberg</td>
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On Going Activities

- Health Shakes Demo
  
  10:45 - 11:15 | 10:00 - 10:30
  11:30 - 12:00 | 12:15 - 12:45 | 1:00 - 1:30

  5 classes of 30 people. Blanca Garcia registered dietitian will answer questions and help people understand how to make healthier choices.

- KAISER PERMANENTE® Mobile Health
  
  9am - 11am | 12pm - 2pm

  Will offer the following Biometric Screenings: Cholesterol, Glucose, BMI and Blood Pressure.

  Use sign up code: Caltech
Cameron Stout is a nationally recognized securities litigation and regulatory lawyer and mediator. In late 2012, major depression derailed Cameron’s practice, and pushed him to the edge of suicide. Cam has fought his way out of the abyss of depression, re-crafted his legal career, and re-invented his life with renewed joy and compassion.

Since 2014, Cam has been giving presentations in which he candidly describes his challenging journey. It is a story of resilient recovery and hope, and a discussion around eradicating the social prejudice and shame that surround mental health conditions.

Combining his own lived experience with compelling statistics and other data, Cam counsels law firm employees and other enterprises on how to better identify the “red flags” of these conditions, and how to support at-risk colleagues. Cam rounds out his presentations with practical approaches to developing mindful resilience.

Cam is a Princeton and USF Law School graduate, and the founder of Stout Heart, Inc. He lives and works in the San Francisco Bay Area where he was recently married, is an avid tennis player and cyclist, and the very proud father of his two adult children.

The research is clear: if you want to change a negative attitude or perception, creating awareness is not enough. You must replace it with a positive alternative. Fundamentally, that is our role as Stability Leaders. We step forward to help employers, communities, and the public recognize that people with mental health conditions are their friends, neighbors and colleagues who can—and do—lead successful lives.

EVENT DETAILS

7:45 am - 8:15 am - Check in and Breakfast

The day will start with a breakfast served at 7:45am at the West Covered Patio of Beckman Institute. Everyone who signs up to the keynote speaker presentation will be invited to have a continental breakfast. We will have a registration table for checking-in attendees who have previously registered. Breakfast is only available for those who attend the presentation.

8:15 am - 8:30 am - Opening The Event - Julia McCallin (Beckman Institute Auditorium)

Opening remarks from Julia McCallin, Associate VP for Human Resources.

8:30 am - 9:30 am - Keynote Speaker

Cameron Stout is a nationally recognized securities litigation and regulatory lawyer and mediator. In late 2012, major depression derailed Cameron’s practice, and pushed him to the edge of suicide. Cam has fought his way out of the abyss of depression, re-crafted his legal career, and re-invented his life with renewed joy and compassion.

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Redefining the Mental Health Narrative, One Story at a Time

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9:30 am - 1:30 pm - Wellness Fair (East Covered Patio at Beckman Institute)

Wellness Vendor Fair - Come by and talk to our vendors about essential oils, meditation, exercises, Health food choices, positive affirmation cards and much more.

9:45 am - 1:45 pm - Massage Station (West Covered Patio at Beckman Institute)

We will have four masseurs available. No RSVP necessary, it will be on a first come, first serve basis.
10:00 am - 10:30 am - Aromatherapeutic Yoga (Pili Bailey) - 40 people capacity
Aroma Therapeutic Yoga: Enjoy the combination of yoga and essential oils to relieve stress and soothe sore neck and shoulder muscles. No previous yoga experience is required. Pili Bailey, will teach you moves that you can bring back to your office to keep your neck, shoulders, and back happy all-day long.

10:45 am - 11:15 am - Tai Chi (Dahari Kronenberg) - 60 people capacity
Energy is the bridge between your mind and body. When mind and body are disconnected, disease begins to occur. Through simple Taichi principles and exercises, you will sensitive your brain and become one with your body. Taichi creates a soft fluid upper body, strong solid lower body, clear mind, and stable emotions.

11:30 am - 12:00 pm - Stretches with Bands (Julio Moran) - 60 people capacity
Take a break, reset your mind and get your body moving with this fun 30-minute resistance band activity. Resistance bands are an easy way to get more active at work and on the go. Join Julio Moran, Wellness Coach from Kaiser Permanente, who will lead participants through a simple to follow routine, including a warm up and cool down that can be used at work or at home.

12:15 pm - 12:45 pm - Meditation for first timers (Maia Akiva) (30 people capacity)
Join Maia Akiva Meditation and positivity teacher for a gentle and powerful meditation experience. In this Heart Opening Meditation class, Maia will guide you through a quiet journey to achieve deep relaxation and quick mental detox. You will leave calm, refreshed and full of joy. Great for beginners. Come as you are. No special equipment needed.

12:15 pm - 12:45 pm - Meditation (Jamie Wozny) (30 people capacity)
Join Jamie Wozny, Transformative Life Coach and Meditation Guide for a meditation all about reconnecting to the natural state of peace within you. A more advanced meditation yet acceptable for the curious and ambitious beginner as well. A mindfulness-based meditation that will allow you to relax, detach from the outside world and journey within to the spaces between your thoughts, in turn allowing you to rest in your innate well-being within. Leave feeling a deep reunion to your peaceful home base.

1:00 pm - 1:30 pm - Stress Relief (Dahari Kronenberg)
Negative stress causes tension in the chest and small intestines, blocking the natural flow of energy in our body. Through simple exercises, learn how to be aware and manage stress in the body through your internal temperature. With only 1-minute exercises, you can easily manage stress throughout the day. Smiling helps!

10:00 am - 1:30 pm - Health Shakes Demo (Blanca Garcia)
From smoothies under 200 calories to meal replacements we offer an assortment of options including nutritional facts and a step by step on how to DIY! This workshop will bring a Registered Dietitian on site to help you understand the ingredients of each smoothie, its nutritional value and the possible ingredients replacements.
9:00am - 2:00pm Kaiser Health Vehicle
Biometric Screenings for Cholesterol, Glucose, BMI and Blood Pressure will be offered.

Kaiser Vehicle
Wellness Activities
Check In and Breakfast
Chair Massages
Vendor Fair
Smoothies Class

Use sign up code: Caltech