

## Transformation Seminar Schedule

January 11<sup>th</sup> – 13<sup>th</sup>

*You have the Power to Create the Life you want to Live!*

### Day One: Thursday January 11<sup>th</sup>

5:45pm – 6:30pm – Registration/Introduction with Michele Menzel

6:30pm – 8pm – Dr. Lee Woolley – Neurological Resilience and the Emotional Component

### Day Two: Friday January 12<sup>th</sup>

9:00am – 10:45am – The History and Foundation & Circadian Rhythm

10:45am – 11:00am – Break

11:00am – 12:30pm – Intro to *The Transformation* and The 7 Laws of Wellness

12:30pm – 1:30pm – Lunch

1:30pm – 3:00pm – The 7 Laws of Wellness Continued...

3:00pm – 3:15pm – Break

3:15pm – 4:15pm – Dr. Lee Woolley

4:15pm – 4:30pm – Break

4:30pm – 5:30pm – Joanna Lambert, LPC – Community & Connection

5:30pm – 6:00pm – Bailee O'Brien – Movement

### Day Three: Saturday January 13<sup>th</sup>

9:00am – 10:45am – Recap of Day Two

10:45am – 11:00am – Break

11:00am – 12:30pm – Nutrient Dense Foods

12:30pm – 1:30pm – Lunch

1:30pm – 3:00pm – Nutrient Dense Foods

3:00pm – 3:15pm – Break

3:15pm – 4:15pm – Kim Barker – Organic, Locally Grown Foods, Sustainable Farming

4:15pm – 4:30pm – Break

4:30pm – 5:30pm – Dr. Lee Woolley – Supplements and Therapies

5:30pm – 6:00pm – Question & Answer