# Logo  Description automatically generatedDBHIDS

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| Wellness Hour Agenda: | April 29, 202212:15-1:00pm |

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| Wellness Hour Presenter Arrivals | 12:00-12:15pm  |  |
|  | **Faith and Spiritual Affairs Conference Schedule 15th Annual Conference****Triumph through Tragedy: Finding ways to persevere** **Zoom** |  |
| 12:15-1:00pm | Wellness Hour LineupOpen Networking HourSpirit Club Spirit ClubKara KoserDoreen LaffertyGreg ThomasMural Arts | OnlineOpen spaceZumbaYoga & MindfulnessSingerQigong and Ear seed DemoGfit FitnessTBD |
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