

8:00am Check-In Begins (Exhibit Hall Opens)

9:00am-10am Welcome-Keynote Jaime Lang;
Building Caregiver Resilience

10:15am-11am Session Options

A New Resilient You

Disagreements, kid tantrums, a chaotic household, work stress— it is a constant in our lives. Learn about the inner workings of the brain and how you can change the way your body responds to daily stress.

**Jaime Lang, MPH, Team Lead,
Mission Wellness Program**

Laughter Yoga

Laugh! Laugh! Laugh!

Get in touch with your happy self! Laughter reduces stress, increases health and makes us feel fantastic. Join us and learn ways to add laughter to everyday life.

**Stephanie Stewart, Aging Program Specialist,
Land of Sky Regional Council
Nancy Hogan, Family Consultant for Project C.A.R.E.
Land of Sky Regional Council**

Drum Circle (Only 8 Drums Available)

Get your Rhythm on! Relax, have some fun! No experience necessary! * *Bring a drum if you have one*

**Scott Middleton,
The Rhythmic Arts Project of Asheville**

11:15am-12pm Session Options

Taking Good Care of Ourselves Through Food

Join us to learn some health inspired tips for saving time and money in the kitchen.

**Rebecca Holmes, MS, RDN, LDN, Nutrition Manager,
YMCA of WNC, Dietitian, Mission Wellness Program,
Adjunct Instructor, UNCA**

SoulCollage®

Is a joyful process of making small, 5X8" collages from pictures and images that catch your eye. No artistic talent is needed—only cutting and pasting. It boosts creativity, intuition and self-discovery.

**Anne Johnston, Parent Educator, ECAC
Lee Kube, Community Family Advocate**

Tai Chi

Come find Serenity! Tai Chi is a ancient Chinese martial art form, consisting of slow relaxed movements for total self-care.

**Todd Jensen, Founder, Instructor,
MOUNTAIN BELOW EARTH**

12 noon– 1:00pm

Networking Lunch Provided by AARP
Wraps or Salad with Cookie



1:00pm-1:45pm Session Options

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Mission Wellness Program**

The Power of Story Telling

Engaging the caregiver and care recipient in conversations about the distant and recent past helps bring meaning to experiences and reveal otherwise hidden nuggets of truth. Participants will be shown how to use stories to move them forward through challenging times.

Heather Bauer, Outreach Manager, Home Instead

Meditation

A significant body of research suggests that establishing a regular, skillful mindfulness practice reduces stress and increases resiliency, adaptability and compassion. Practicing mindfulness helps us care for others with embodied presence.

Alison Rhodes, LPCA, Counselor

2:00pm-3:00pm Session

Caregiver Panel: In Our Own Words

**Becca Dion, Ruth Price, Juanita Igo,
Rochelle Hylton, Lee Kube**

Our Caregiver Panelists will share their challenges of caregiving and brainstorm solutions with participants.

Important:

9:00am-3:30pm Community Exhibitor's Fair

To have ample time to visit agency booths please allow yourself enough time before & after each session.

- **No childcare/direct support will be provided**
- **For more information:**

Kerri Eaker, 828-213-0047, Kerri.Eaker@msj.org

Ruth Price, 828-251-7441, ruth@landofsky.org

Meet Our Keynote Speaker for 2018

9:00am-10:00am

Jaime is the owner of Synergy Resilience Coaching and is the Wellness Program Team Lead at Mission Health System. A HeartMath® Certified Resilience Coach and trained in the Community Resilience Model, she has extensive training with multiple resilience, mindfulness, and well-being programs. Jaime's passion is providing individual coaching and group



workshops to help people build their resilience and create action plans to work toward their goals. With an emphasis in training people to use resilience techniques in stressful moments, she has trained hundreds of people in Western North Carolina with skills to reset their nervous system to be able to handle challenging situations in a different way. Her philosophy on resilience is a true focus on the person's well-being, creating an atmosphere of 'I'll meet you where you are' and helping people identify small steps to create a positive impact in their lives.

She has worked with several populations for over 12 years including business professionals, older adults, caregivers, adults and children with special health care needs, emergency personnel, working moms, and cancer survivors plus those in treatment. With a Master's Degree in Public Health from the Colorado School of Public Health and having worked in nonprofit, governmental, and healthcare sectors, she has experience with systems change and program development, implementation, and evaluation using results-based frameworks. At Mission Health, Jaime works in project management, marketing, portal development, facilitation/training, and generates content for MyHealthyLife WellConnect, Mission Health System's wellness portal. Jaime is also currently pursuing her Health Coach Certification.

She enjoys learning new skills each day, sharing life stories, volunteering, horse-back riding, and spending time in the mountains with her two dogs.

Jaime Lang, MPH, HeartMath® Certified Resilience Coach
Team Lead - Wellness Program at Mission Health System
Owner of Synergy Resilience Coaching

In Collaboration
with many Community Partners



Caring for The Caregiver Across the Lifespan



Saturday, November 3, 2018

Registration Begins at 8:30am

9:00am to 3:00pm

**Mission Health/A-B Tech
Conference Center
340 Victoria Road
Asheville, NC 28801**

Are you the caregiver of a loved one?
Join us for a **day of caring for you!**

Drop in for a workshop or the entire day.
Conference is open to caregivers of all ages.

Whether you're caring for your child, parents or
your spouse, this conference is for you!

To Register:

<https://conta.cc/2CIApOF>

Important Information:

- Conference is FREE
- Registration is Required
- Lunch will be provided

For more information or if unable to register online
Call 828-213-0047, kerri.eaker@msj.org