

## Keynote Description

**The ABCs of Happiness**

**Matt Townsend**

**Auditorium**

## Workshop Descriptions 2025:

### **Values Matter**

**Christian Sabey**

**Rm 457**

Participants will understand the power of identifying their values and focusing their lives on living out those values. We will discuss the mental health benefits of values-based living—including resilience, purpose, and psychological flexibility.

### **A Cheeseburger for Your Brain**

**Ben Springer**

**Rm 459**

Join Dr. Springer for his insightful and humorous take on how to enjoy a balanced meal of screens, social media, and information. Learn practical tools to increase mental health, decrease toxicity, and create a healthier relationship with screens.

### **Freedom Ain't Free--Applying the Wisdom of a Holocaust Survivor**

**Ben Belnap**

**Rm 206**

Holocaust survivor Victor Frankl wrote that he only understood freedom after it was taken from him. Freedom, he teaches, comes through our own resilience in the face of adversity. This workshop will walk you through his steps for building resilience to face life's struggles with self-compassion and grit.

### **Who Wants to be a Millionaire?**

**Edison Christofferson**

**Library**

Join us for an engaging workshop from a local financial advisor that explores the importance of creating and maintaining a budget, goal setting and building an understanding of credit and bank accounts. Come with questions!

### **Find Your Flow**

**Kristin & Audra**

**Cafeteria**

Join us for a relaxing and energizing Tai Chi class, where movement meets mindfulness. Flow through graceful, gentle movements that help improve balance, flexibility, and strength—all while calming your mind and reducing stress. Create a personal stress-relief kit to help you manage anxiety and find inner peace.

### **Have No Fear**

**Matt Heimberger**

**Rm 455**

Fear is the emotional reaction to the anticipation of danger. It can be useful in a pinch, but it is not a long-term strategy for life. We live in a time of increasing fear—of different ideas, cultures, and beliefs, to name a few. This presentation seeks to reframe the function of fear, suggesting that we should seek out uncomfortable situations precisely because they challenge us and help us to grow.

### **Strengthening the Space Between**

**Matt Townsend**

**Rm 306**