



BETTER LIFESTYLE EVENTS

Journey To Wellness Conference Program
Thursday March 9th, 2023

8:00am - 8:45am: Registration

8:50am - 9:00am: Welcome

9:00am - 9:15am: Founder of Better Lifestyle Events - Twany Beckham

9:15am - 9:25am: Presenting Sponsor

- KDL Services

9:25am - 9:55am: Coach Colene

- "Your Best Most Empowered Self"

9:55am - 10am: Giveaway

10:00am - 10:45am: Keynote Speaker - Jenny Goins

- Making a Difference and Supporting Wellness.

10:45am - 11:05am: Break

11:05am - 11:50am: Keynote Speaker – Dale Robinson

- The ABC Formula to Success.

11:50am - 12:00pm: Presentation by Young Professionals Association of Louisville (YPAL)

12:00pm - 1:30pm: Lunch

1:30pm - 1:45pm: Kids Cancer Alliance Presentation

1:45pm - 1:55pm: Presentation by JEB Enrichment Center

2:00pm - 2:45pm: Keynote Speaker - Kimberly May

- Calm is a Superpower.

2:45pm - 3:00pm: Break

3:00pm - 3:15pm: Vendor Presentation

- Olive Simple Benefit Solutions

3:15pm - 3:35pm: Broderick Sawyer

- "Unpacking The Mamba Mentality"

3:35pm - 3:40pm: Giveaway

3:40pm - 4:25pm Keynote Speaker – Rob Parker

- Make Your Own Way.

4:30pm: Giveaway

4:35pm Closing Remarks

6:00pm - 7:00pm: A Journey to Wellness Fitness Camp

- Hosted by Dale Robinson at the Louisville Omni Hotel



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Friday March 10th, 2023

8:00am - 9:00am: Registration

9:00am - 9:45am: Breakout session 1

- Room 1: Lauren Muir
- Room 2: Katie Ullery
- Room 3: David Hoke

10:00am - 10:45am: Breakout session 2

- Room 1: LaShonda Sims Duncan
- Room 2: Kim Spahn
- Room 3: Kenny Hampton

11:00am - 11:45am: Breakout session 3

- Room 1: Chris Gowers
- Room 2: Derron Rowan
- Room 3: Samantha Perkins

11:45am - 1:45pm: Lunch

1:45pm - 2:30 pm: Keynote Speaker - Megan Bell

- Adventure To Wellness.

2:30pm - 2:45pm: Vendor Presentation

- Louisville Salt Cave

2:45pm - 3:00pm: Break

3:00pm - 3:20pm: Antuans Sartin's Testimony

3:20pm - 3:25pm: Break

3:30pm - 4:30pm: Mental Health Panel Discussion

- Host: Marcie Timmerman
- Panelist: Shandy Boyd
- Panelist: Damon Cobble
- Panelist: Annice McEwan
- Panelist: Lauren Muir
- Panelist: Broderick Sawyer
- Panelist: Lashonda Sims Duncan

4:30pm: Giveaway

4:35pm Closing Remarks