



JBLM SOUND LIVING

Wellness Symposium

EVENT REGISTRATION GUIDE



JBLMDPFR.COM

JANUARY 27-28 2021
JOINT BASE LEWIS-MCCHORD



JBLMMWR.COM

GENERAL INFORMATION

JBLM SOUND LIVING WELLNESS SYMPOSIUM

ACHIEVE YOUR WELLNESS GOALS

Join us for this fully virtual two-day event, where you'll receive valuable information on healthy lifestyle choices and useful tools to help you thrive. This event offers sessions led by subject-matter experts on a variety of wellness topics, as well as a selection of customized enrichment opportunities.

During the registration process, you'll build your own schedule - allowing you to craft an agenda which meets your specific needs and interests. Attend one session, or attend as many as the day allows - it's entirely up to you! This packet contains a list of all available sessions with a brief description and a "Build Your Agenda" sheet to help you prepare.

Participants will receive a sheet with links to all sessions, and also receive a Digital Swag Bag full of additional resources, to include fact sheets, videos, and digital items to enhance your symposium experience. These items will arrive in your inbox no later than 3:00 p.m., January 25th.

[CLICK -HERE- TO REGISTER ONLINE !](#)

The entire Symposium is virtual!

Participants will join sessions via Facebook Live or Microsoft Teams. An agenda with links to all sessions will be sent via email with the Digital Swag Bag on January 25th.

Visit our **EVENT PAGE** for more detailed information



Facebook Live

The main stage sessions will be conducted via Facebook Live on the JBLM DPCR page.



Microsoft Teams

All other sessions will be conducted via Microsoft Teams. You can join a Teams meeting anytime, from any device, whether or not you have a Teams account.

BUILD YOUR AGENDA

JBLM SOUND LIVING WELLNESS SYMPOSIUM

DAY 1

TUESDAY- 27 JAN 2021

10:45 - 11:45 A.M.

- SFRG Advisor Panel
- You've Got Personality!
- The Science of Spirituality & Wellness
- Cooking With the Corps Dietitian!
- Free Time

1:00 - 2:00 P.M.

- Fueling For Health
- Staying Fit - Home and Away
- Sleep: What's the Big Deal?
- Leading With Your Strengths
- Free Time

2:15 - 3:15 P.M.

- Three Keys to a Successful Relationship
- Stress: How to Cope
- Ask a Registered Dietitian
- Fueling For Health
- The Five Love Languages (3 - 4:30 p.m.)
- Free Time

3:15 - 4:30 P.M.

- FOCUS: Building Personal Resiliency
- Financial: Understanding Credit
- Free Time

DAY 2

WEDNESDAY- 28 JAN 2021

9:30 - 10:30 A.M.

- The Science of Spirituality & Wellness
- Stress: How to Cope
- Free Time

10:45 - 11:45 A.M.

- Leading With Your Strengths
- Sleep: What's the Big Deal?
- Cooking With the I Corps Dietitian!
- Free Time

1:00 - 2:00 P.M.

- Ask a Registered Dietitian
- SFRG Advisor Panel
- You've Got Personality!
- Free Time

2:15 - 3:15 P.M.

- Staying Fit - Home and Away
- COVID-19 Impacts to Child, Youth & Family Wellness
- Three Keys to a Successful Relationship
- Fueling For Health
- The Five Love Languages (3 - 4:30 p.m.)
- Free Time

3:15 - 4:30 P.M.

- FOCUS: Building Personal Resilience
- FRP: Understanding Credit
- Free Time

Attend one session, or as many as the day permits! Select "Free Time" for the times you want to skip.

AVAILABLE SESSIONS

JBLM SOUND LIVING WELLNESS SYMPOSIUM

PERSONAL RESILIENCE

YOU'VE GOT PERSONALITY

Everyone has their own unique way of being in this world. Some people like to carefully plan out their vacation after researching all the options, and others throw a dart at the map. When we understand what different personality types tend to care about, we can more easily solve problems and avoid conflicts. In this session, you will take a personality assessment and learn more about yourself and others!

STRESS: HOW TO COPE

Stress comes at us from all directions, and can make everyday life much more difficult than necessary. Learn simple, effective coping strategies to help you identify and manage stressors. Using these techniques will help you build emotional resilience, putting you on the right road toward a happier, healthier, and more productive life.

SLEEP: WHAT'S THE BIG DEAL?

Dr. Snyder will identify and challenge myths related to sleep and teach strategies you can implement to address common sleep problems.

THE SCIENCE OF SPIRITUALITY & WELLNESS

A brief overview of the ground breaking scientific research regarding the protective quality of spirituality. This presentation is based primarily on the research conducted by Dr. Lisa Miller and her colleagues at Columbia University. Dr. Miller's book, "The Spiritual Child", describes how spiritual life, and participation in faith communities leads directly to a reduction in risk taking and negative behaviors in children, teens, young adults, and throughout life.

FINANCIAL READINESS: UNDERSTANDING CREDIT

Participants will gain knowledge about: Credit and how it is established; The Three Cs of Credit; How to read and what to look for on the credit report; and Impacts of the Credit Score

FOCUS: BUILDING PERSONAL RESILIENCY

Families OverComing Under Stress (FOCUS) is a resiliency training program for families and couples. In this workshop, participants will strengthen their ability to navigate through stress by learning effective tools around communication and managing emotions.

AVAILABLE SESSIONS

JBLM SOUND LIVING WELLNESS SYMPOSIUM

NUTRITION & PHYSICAL FITNESS

STAYING FIT: HOME & AWAY

Identify benefits and barriers to physical activity, what components should be part of an exercise session, identify types of equipment and exercises that can be utilized for home workouts or when you are traveling, how do I develop an action plan for a home workout incorporating all aspects of fitness.

COOKING WITH THE CORPS DIETITIAN! NUTRITION 101 AND GRAIN BOWL DEMONSTRATION

CPT Meno, Registered Dietitian, will teach you how to make small, simple changes to improve the nutritional quality of your meals throughout the day. Chef Frey will walk you step-by-step through a recipe for a delicious and nutritious Mediterranean inspired grain bowl.

FUELING FOR HEALTH

What Should I Eat? Why It's So Easy To Overeat Junk Food and Ways to Stop. Understanding Dietary Guidelines and Food Labels, How do I set a SMART Goal?

ASK A REGISTERED DIETITIAN

Participants will have the opportunity to ask questions and have open dialogue with several registered dietitians. Topics for discussion include diet trends, dietary supplement information, and nutrition for general health and wellness.

RELATIONSHIPS

THE FIVE LOVE LANGUAGES

An overview of Dr. Gary Chapman's book presents a simple truth: relationships grow better when we understand each other. Everyone gives and receives love differently, but with a little insight into these differences, we can confidently communicate our love to our spouse and others. This is true for all forms of relationships-for married or dating couples, for children and teenagers, for friends and coworkers, for long-distance relationships, for those brand new loves and for the romances that are older than the hills.

THREE KEYS TO A SUCCESSFUL RELATIONSHIP

Relationships are challenging! Learning 3 key components will help you have and maintain a relationship that is strong, safe and healthy. Join Mallory as she discusses 3 key areas in having a successful relationship:

Do Your Part - *focusing on the things in life you can control*

Decide, Don't Slide - *think through your choices instead of sliding into consequences*

Make it Safe to Connect - *working to make your partner feel safe in the relationship physically and emotionally*

AVAILABLE SESSIONS

JBLM SOUND LIVING WELLNESS SYMPOSIUM

FOR PARENTS

COVID-19 IMPACTS TO CHILD, YOUTH, AND FAMILY WELLNESS

Panel discussion/Q&A focused on the impact of the COVID pandemic to children and Families. Specifically focused on the response of children to psychosocial changes (social distancing, virtual school, chronic stress) and how this may impact academic performance, emotional wellness and mental health. Panel members from Madigan include Col Eric Flake (Developmental Pediatrician), LTC Jean Burr (Chief of Adolescent Medicine), LTC Bonnie Jordan (Program Director, Developmental Pediatrics Fellowship) and Capt Matt Scott (Developmental Pediatrics Fellow). Resources and tips will be provided. Command teams are encouraged to participate to gain a greater understanding of how the pandemic is affecting the families of their Soldiers.

LEADERSHIP

SFRG ADVISOR PANEL: HOW TO MAKE YOUR SFRG A COMBAT MULTIPLIER

This panel brings together SFRG volunteers, advisors and mentors at the Company, Battalion and Brigade levels. Guided by a seasoned SFRG Advisor, panelists will share challenges, best practices, and lessons learned to help create a SFRG that serves a combat multiplier for the unit and unit's families. Topics will include: "Roll out the Red Carpet"-Welcoming all Soldiers and Families, "Taming the Roster Beast"-Ensuring accurate contact information; "Don't Say You Didn't Know"-Communication with Families so they receive timely information; and "We are Family"-Building strong teams.

LEADING WITH YOUR STRENGTHS

Curriculum is based on research from the field of Positive Psychology. Understand the critical elements to thriving; recognize strengths, and how to leverage them personally and professionally; understand personal values and passions and how those can be leveraged to improve well-being

Thank you to our event sponsors



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