

# PD Retreat Schedule

## Friday, September 13

3:00–4:00 p.m. Check in

4:00–4:15 p.m. Welcome with Introductions

4:15–5:00 Ice Breaker Program

5:00 – 6:00. Program TBD

6:00 pm- 7:00 pm Dinner

7 :00 – 7:15 Break

7:30 p.m. Campfire / Games

## Saturday, September 14

7:30 a.m. - 8:30 a.m. Breakfast (Not mandatory for group to all be present at same time.)

8:30 a.m. - 9:00 a.m. Group Activity: Exercise with Pam

9:00 a.m. - 9:30 a.m. Break

9:30 a.m. - 10:45 a.m. Group Activity: Q and A with Kavya Moravineni, MD

10:45 a.m. – 11:00 a.m. Hydration/ Bathroom break

11:00 a.m. -11:45 a.m. Group Activity: Loud Crowd Kim Adelman and ISU Students

11:45–12:15 p.m. Open/Free Time

12:15 p.m. Lunch

1:00-1:45 p.m. Group Activity: Sponsored Programing

1:45 p.m. - 2:00 p.m. Hydration/ Bathroom break

2:00 p.m.-3:15 p.m. Group Activity: Rhythm session with Rick

3:15 p.m. –3:45 p.m. Break

3:45-4:45 p.m. Group Activity (Pam/Bradly students, Student Session, PWP/Care Partners Bradley Counseling Research and Training Clinic.

4:45- 6:00 p.m. Open/Free Time Group Time: (outdoor games or other activities)

6:00 – 7:00p.m. Dinner

7:30 p.m. Paint Night (Melissa Glass and Family) easier painting add in breaks

## Sunday, September 15

8:00-9:00 a.m. Breakfast (Not mandatory for group to all be present at same time.)

9:00 a.m. – 9:30 a. m. Group Activity: Exercise with Pam

9:30 a.m. – 9:45 a.m. Break

9:45 a.m. Tune, Sing a long

Closing remarks: Sharing what we've learned.

11:00 a.m. Evaluations, good-byes, etc.