UW-MADISON
WELLNESS SYMPOSIUM

Wednesday, October 28th
8:30am - 2pm Union South

"Wellness Now: Being Our Best Selves in the Current Moment"

8:30 • Welcome
8:45 • Keynote
"Wellbeing Here and Now" with Dr. Shilagh Mirgain

10:00 • Breakout Session #1
"Living with Vitality: Pathways to Health and Happiness" with Bob McGrath, PsyD
"Ergonomics for the Computer User" with Michelle Discher
"Financial Wellbeing: One Day at a Time" with Peggy Olive

11:00 • Breakout Session #2
"Helping Till It Hurts: Understanding and Preventing Compassion Fatigue" with Jamie Temple, MS
"Yoga @ Your Desk" with Abby Lemke
"Wellness: The Physical Element" with Lori Devine, MS

12:00 • Lunch Program
"Promoting a Culture of Wellness at UW-Madison: Experiences and Perspectives"

1:10 • Breakout Session #3
"My School Got Shmacked, Now What?" with Reonda Washington and Emily Wirkus
"Improving One's Social Wellness Through Familiarity With Cultural Self" with Dan Timm
"Discovering Your Enlightened Side" with YES+

Dr. Shilagh Mirgain is a UW Health Sport and Health Psychologist who was recently featured on the TODAY show. Join her for an experimental workshop entitled "Wellbeing Here and Now." As we are surrounded by stress and the pressure to succeed, it can be easy to start simply surviving and disconnecting from your passions and purpose. Drawing from mindfulness and mind-body medicine, this experiential workshop will teach you skills and simple practices to cultivate greater wellbeing and happiness.