Join us in person or via Zoom for an informative and relaxing morning as we explore the interconnections between Body, Mind and Spirit. A mini retreat designed for anyone who is looking for a day to relax or those caring for others.

___ Agenda ___

8:45 a.m. ... In-person Check-in/Zoom Log In
8:55 a.m. ... Welcome

9 a.m. ... Supplements, the Good, the Bad and the Ugly
   Ally Dering-Anderson, Pharm.D., RP, UNMC College of Pharmacy
   Ally will give an overview of the known benefits and possible risks with commonly used nutritional supplements including the recently popular CBD products. Time will be allowed for questions and answers.

9:45 a.m. ... Break

10 a.m. ... Meditation 101
   Sheila Palmquist, Founder and Director, Lincoln Yoga Center,
   Registered Yoga School
   Sheila will present an overview of the different types of meditation. She will discuss current research and the many ways regular meditation can benefit us physically, mentally and emotionally.

10:45 a.m. ... Break, Qigong Demonstration
   Tracie Foreman, Aging Partners Community Health Educator
   Qigong is an ancient and simple form of movement that helps to quiet the mind while strengthening and relaxing the body.

11 a.m. ... Finding Meaning and Purpose in the Second Half of Life
   Julie L. Masters, PhD, Professor, and Terry Haney, Chair of Gerontology, University of Nebraska Omaha
   David Bowie once said that aging is when you become the person you were meant to be. Finding ways to become this person is about getting a sense of meaning and purpose in later life. This program will assist people in finding their purpose in the second half of life.

11:45 a.m. ... Closing

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2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
   - Key Word Example: *Driver*
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3. **Select the course** for which you wish to register. Click **Submit**.

4. Enter your **personal information**, **certify your identification** and click **Submit**.
   * You must provide your Social Security Number.

5. **Optional**: Enter your **Additional Registration Information** and click **Submit**.

6. If you want to register for additional classes, select **Search for more classes** under “Choose one of the following.” If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**.
   Click **Submit**.

7. Enter your **payment information**. Click **Submit**.

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