

<b>Well Spouse Association</b>		
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<b>2022 Annual Conference Schedule</b>		
<b>Friday, September 30, 2022</b>		
4pm	Hotel Check-In	DoubleTree Lobby
4-6pm	Conference Check-In	DoubleTree Lobby
5:30-6pm	Support Group Leaders Meet and Greet	Tyson's Social Bar
6-7pm	Welcome Happy Hour	Tyson's Social Bar
7-10pm	Welcome Dinner and Keynote Speech	Birch Ballroom
<b>Saturday, October 1, 2022</b>		
7:30-9am	Group Breakfast Buffet	Birch Ballroom
8-8:45am	Introduction to Belly Dance Class	Dogwood Room
9-10:15am	Workshop: Political Advocacy for Caregivers	Dogwood Room
9-10:15am	Workshop: Cultivating Resilience as a Spousal Caregiver	Oak Ballroom
10:45-12pm	Workshop: Frank Talk on Intimacy for Well Spouses	Oak Ballroom
12-7pm	Free Time	N/A
7-11pm	Dinner Banquet and Dance	Birch and Elm Ballrooms
<b>Sunday, October 2, 2022</b>		
7:30-9am	Group Breakfast Buffet	Birch Ballroom
8-8:45am	1.25 Mile Urban Walk	DoubleTree Lobby
10-11:30am	Younger Well Spouse Small Group	Oak Ballroom
10-11:30am	Former Well Spouses Small Group	Oak Ballroom
10-11:30am	Men's Small Group	Oak Ballroom
10-11:30am	Women's Small Group	Oak Ballroom
11:45-12pm	Closing Reflections	Dogwood Room
12pm	Hotel Check-Out	DoubleTree Lobby

*As of 9/21/22. Subject to change or adjustment.*