<table>
<thead>
<tr>
<th>DAY 1: JUNE 8</th>
<th>DAY 2: JUNE 9</th>
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<tbody>
<tr>
<td>9:00 – 9:25 am Welcome Session Labros Sidossis, PhD</td>
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<td>9:30 – 10:15 am Seminar 1: Lifestyle Factors &amp; Health Across the Lifespan Labros Sidossis, PhD</td>
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<td>10:20 – 11:05 am Seminar 2: Benefits of Physical Activity Brandon Alderman, PhD</td>
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<td>11:10 – 11:55 am Activity 1: Yoga Steff Galante, MEd</td>
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<td>12:00 – 1:00 pm LUNCH</td>
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<td>1:05 – 1:55 pm Seminar 3: Sleep and Circadian Alignment Andrea Spaeth, PhD</td>
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<td>2:00 – 2:45 pm Seminar 4: Lifestyle Epidemiology &amp; Economics Diane Radler, PhD, RD</td>
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<td>2:50 – 3:45 pm Activity 2: IntenSati Stacy Trukowski, MS &amp; Hildie Dunn, MS</td>
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<td>3:45 – 6:00 pm For Credit Students Only: Independent group work time</td>
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| 9:30 – 10:15 am Seminar 5: The Importance of Diet for Health and Well-Being Rena Zelig, DCN, RDN, CDE, CSG |
| 10:20 – 11:05 am Seminar 6: Stress Management Peter Economou, PhD |
| 12:00 – 1:00 pm LUNCH          |                                |
| 1:05 – 1:55 pm Seminar 7: Substance Use Marsha Bates, PhD |
| 2:00 – 2:45 pm Seminar 8: Scientific Basis of Behavior Change Jen Buckman, PhD |
| 2:50 – 3:35 pm Activity 4: Motivational Interventions Laura Hoge, MSW |
| 3:40 – 5:00 pm For Credit Students Only: Independent group work time |
| 5:00 – 6:00 pm For Credit Students Only: Groups present final projects |

All sessions will be held at: Rutgers Academic Building 15 Seminary Place, New Brunswick, NJ 08901

This conference is presented by the Rutgers Department of Kinesiology and Health, in partnership with the Rutgers–New Brunswick Office of Summer & Winter Sessions. Department of Kinesiology and Health School of Arts and Sciences Loree Gymnasium 70 Lipman Drive New Brunswick, NJ 08901-8525 848-932-9525 Follow @RUKinesAdvising on:

Office of Summer & Winter Sessions Division of Continuing Studies Rutgers University–New Brunswick 55 Commercial Avenue, Suite 120 New Brunswick, NJ 08901 848-932-7565 Follow @RUSummerWinter on:
READY FOR A CHANGE?

Take charge of your life.

Learn how even small changes in lifestyle can significantly improve health and well-being at the new Rutgers Living Well Conference. Our interdisciplinary team of scientists and practitioners will show you how you can:

- Improve your physical and mental health through diet, activity, sleep, and stress management;
- Manage stress using mindfulness meditation, yoga, and other behavioral and cognitive strategies;
- Use simple change management and motivational techniques to break entrenched habits for better health;
- Apply these same principles and practices to help clients and staff members improve their health.

Register now for the two-day conference for only $149 through May 8. Late registration begins May 9 at $175 per person. The registration fee includes breakfasts, lunches, and parking. Special rates are available for Rutgers students, staff, and faculty members.

A 1.5-credit registration option is available to students through the Rutgers Department of Kinesiology and Health.

Learn more at summer.rutgers.edu/lw

SESSIONS

DAY 1 – JUNE 8

Seminar: Lifestyle Factors & Health Across the Lifespan
Labros Sidossis, PhD
Learn about the effects of physical activity, nutrition, sleep, stress, smoking, and drinking on health, and how small changes in lifestyle choices can make significant improvements in health across the lifespan.

Seminar: Benefits of Physical Activity
Brandon Alderman, PhD
Explore the beneficial effects of exercise on mental and cognitive health, including its impact on depression and Alzheimer’s dementia.

Activity: Yoga
Steff Galante, MEd
Use yoga breathing, meditation, and physical postures to achieve mind/body balance, increase focus and energy, and build muscle strength, endurance, and flexibility. No experience necessary.

Seminar: Sleep and Circadian Alignment
Andrea Spaeth, PhD
Hear about the biological systems underlying sleep and circadian rhythms, and discuss the relationship between sleep and health, safety, and performance.

Seminar: Lifestyle Epidemiology & Economics
Diane Radler, PhD, RD
Learn the benefits of implementing educational programs that encourage healthy, modifiable behaviors, including diet, physical activity, sleep, and stress management, and consider the economics of such interventions.

Activity: IntenSati
Stacy Trukowski, MS & Hildie Dunn, MS
This IntenSati class combines dance, martial arts, conditioning, yoga, and self-affirmation for a full-body cardio workout that is cathartic, invigorating, and uplifting. No experience necessary.

DAY 2 – JUNE 9

Seminar: The Importance of Diet for Health and Well-Being
Rena Zelig, DCN, RDN, CDE, CSG
Hear evidence-based recommendations for a healthy diet that can reduce risks of cardiometabolic and chronic diseases, and discuss practical tips to improve health and well-being through diet.

Seminar: Stress Management
Peter Economou, PhD
Discuss causes and consequences of stress and compassion fatigue, and gain coping strategies to combat stress while improving one’s quality of life.

Activity: Mindfulness Practices
Siobhan Gibbons, EdD
Use mindfulness awareness to reduce your reactivity to stress. Learn formal and informal practices, including both stillness and moving meditations, and how to incorporate them into daily life.

Seminar: Scientific Basis of Behavior Change
Jen Buckman, PhD
Change is hard. Learn about how behaviors become habitual, the psychological, biological, and environmental mechanisms that support or impede behavior change, and how to promote change.

Seminar: Motivational Interventions
Laura Hoge, MSW
Participate in experiential exercises designed to explore ambivalence about behavior change. Discuss strategies for developing partnership with clients, and exploring and resolving obstacles to effective care management.

summer.rutgers.edu/lw