

Conference Agenda

Burning Bright without Burning Out

Thursday, October 9, 2025

8:00 a.m. to 2:30 p.m.

De Sales University Center
2755 Station Avenue
Center Valley, PA

8:00 - 8:30 a.m.

Light Breakfast and Registration

8:30 - 8:40 a.m.

Welcome and Introductions

8:40 - 10:10 a.m.

Thriving Through Turbulence

10:10 - 10:25 a.m.

Break

10:25 - 11:40 a.m.

Morning Session

11:40 - 12:40 p.m.

Lunch

12:40 - 1:55 p.m.

Afternoon Session

1:55 - 2:10 p.m.

Closing Thoughts;

Presented by NAMI

2:10 - 2:30 p.m.

Evaluations and Certificates



**CEDAR CREST
COLLEGE**

Burning Bright Without Burning Out: Boosting Resilience Through Self-Care

Thursday, October 9, 2025

**8:00 a.m. to
2:30 p.m.**

**De Sales University
Center**

**2755 Station Avenue
Center Valley, PA**



Experience a revitalizing day focused on holistic health to enhance your clarity and well-being. Through engaging sessions on nutrition, creativity, nature, and mindfulness, you'll gain tools to flourish and support others more fully.

Please contact jessicayaich@lehighcounty.org or call 610.782.3096 for any provisions or special needs.

Registration Form

Register By: September 25, 2025

Name: _____

Agency: _____

Address: _____

Phone: _____

Email: _____

Select sessions from list of topics in this brochure:

Circle one for each session:

Morning Session: A B

Afternoon Session: C D

CEUs: Please check if interested in credits: _____ Licensed Social Work
License Number must be provided: _____

Cost for conference \$35.00

Mail this form with check payment to:

Lehigh County Aging and Adult Services

Lehigh County Government Center

Attn: Jessica Yaich

17 South 7th Street

Allentown, PA 18101

*Sorry, we are UNABLE TO PROCESS ANY credit or debit transactions.

Objectives

Designed to help you burn bright without burning out, this immersive day offers a holistic, engaging blend of practices to enhance overall well-being. Sessions explore healthy nutrition, expressive art, the restorative power of nature, and mindful reflection. Reconnect with your inner balance, recharge your energy, and rediscover what true self-care means—so you can show up stronger, more present, and resilient for those you serve.

Keynote



Thriving Through Turbulence

Dr. Lori Tarke, is a visionary diversity, equity and inclusion leader and nationally recognized strategist driving change in healthcare, higher education, and nonprofits. As Executive Director of the Joseph A. Unanue Latino Institute and Bridge to Visibility, she builds transformative programs that promote equity, representation, and leadership.

During her presentation she will analyze how life is full of both excitement and turbulence. She'll delve into stress, burnout, and fatigue in its many forms, while sharing practical tools to strengthen resilience and wellness through life's challenges.

Breakout Sessions

Morning Session:

(A) Connection and Resilience and Its Relationship to Nature

Connor McDowell Moriarty, M.A.IPCR, M.A.CP, LPC; Reset Outdoors

Our relationships—both with people and the environments around us, including nature—deeply influence our health, mood, and lifespan. Research shows that lacking authentic, healthy connections can be harmful. This workshop explores the impact of these connections, presents current research, and offers practical tools to strengthen them.

(B) Mindfulness and the Science of Stress Sarah Dennehy M.Ed, LBS, Jocelyn Hontz; Shanti Project

This presentation introduces the science and practice of mindfulness, clarifying what it is (and isn't) while exploring how it supports mental and physical well-being. Attendees will learn how mindfulness reduces stress, anxiety, and burnout—and leave with simple, practical strategies to begin and sustain their own mindfulness practice.

Afternoon Session:

(C) If Food is Medicine, Who is the Pharmacist? Amanda Pietrobono; Kellyn Foundation

This session highlights the powerful role of food in preventing chronic disease and supporting mental health and well-being. Session will offer sights and culinary tips about foods that can improve mood, reduce inflammation, and promote lasting wellness. Participants will leave with practical, sustainable strategies to make food a foundation of both mental and physical health.

(D) Creative (Art) Wellness Practices;

Emily Lasinsky Ph.D.; Art Expressions by Emily

Lasinsky Participants will learn evidence-based benefits of creative expression and engage in a hands-on art activity to experience the restorative power of artistic expression and how the arts can reduce stress, support emotional health, & enhance daily wellness.

Cut on dotted line.