

Holy & Whole Schedule
Friday, September 29, 2023

**Schedule subject to change*

6:30 pm Doors open, check-in

7:00 -9:00 pm

**Friday will be floor seating, please bring your yoga mat or towel.*

**Chairs available for those who cannot sit on the floor.*

Worship with SAGU Worship

Session One with Elizabeth Van Dyke: *Shifting from Control to Connection with Food & Your Body*

Stretch & Soak Movement with Tricia Hicks and live worship with SAGU Worship

Saturday, September 30, 2023

8:30 am Doors open, Check-in

9:00 am - 9:00 pm

Worship with SAGU Worship

Session Two with Tracy Brown, RD: *Trauma and How it Affects the Body*

Stretch & Soak with JoyFully Fit + Free, Sarah Joy Smith

Breakout Sessions

The Enemy Lies About Body Size with Chrissy Kirkman, Executive Director of FINDINGbalance

Why Do I Keep Doing This? with Brittany Braswell, MS, RDN, LD

The Psychology of Self Sabotage and How to Break Free with Kirsten Schmidt, Certified Health Coach

Coping Skills: Building Your Toolbox with Christina Miller, MA, LCPC, LMHC, Certified EMDR Therapist

Lunch catered by McAlister's Deli

Intuitive Movement with Joyful Health Co

Safe Space Prayer with Kassandra Baker

Session Three with Brittany Bauer, RDN: *What's Identity Got to Do with It?*

Worship with SAGU

Experiential Dinner with Char-Lee Cassle, MS, RDN, ACSM-CEP

Catering by Rosa's Tortilla Factory

Specialized Breakout Sessions (pre-chosen during ticketing process)

Eating Disorders with Jessica-Lauren Newby

Intuitive Eating and Your Family/Parenting with Jennifer D'Amato, The Intuitive Eating Mama

Intuitive Eating and Chronic Illness/Medical Issues with Amanda Reynolds

Discovering Life Giving Rhythms with Megan Becker, MPH, RDN

Intuitive Movement Teaching & Tips with Kasey Shuler of Joyful Health Co

Speaker EXPO (Meet & Greet)

Weekend Recap and Worship with SAGU Worship