



COURSE AGENDA

NDAA's Wellbeing Committee Presents:

2024 Wellbeing Resiliency Retreat and Conference

May 15–17, 2024
Bar Harbor, Maine

Conference Location:
Atlantic Oceanside Hotel

*Attendees must wear their name tags to all events.
Please turn off cell phones during all sessions.*

AGENDA

DAY 1: Wednesday, May 15, 2024 – General Sessions

*Coffee and tea available from 7:00 AM until consumed.
Registration, Welcome, and General Sessions in Bass Harbor Classroom.*

7:00–8:00 AM	Morning Activity
9:00–9:45 AM	Welcome <i>Speaker TBD</i>
9:45–11:15 AM	Session #1 <i>Speaker TBD</i>
11:15–11:30 AM	Break
11:30 AM–12:45 PM	Session #2 <i>Speaker TBD</i>
12:45–2:00 PM	Lunch (Provided)
2:00–3:30 PM	Session #3 <i>Speaker TBD</i>
Afternoon Options	Afternoon Activity <i>Adjourn for the Day</i>

DAY 2: Thursday, May 16, 2024 – General Sessions

*Coffee and tea available from 7:00 AM until consumed.
Registration, Welcome, and General Sessions in Bass Harbor Classroom.*



COURSE AGENDA

7:00–8:00 AM	Morning Activity
9:00–10:15 AM	Session #1 <i>Speaker TBD</i>
10:15–10:30 AM	Break
10:30–11:30 AM	Session #2 <i>Speaker TBD</i>
11:30 AM–12:30 PM	Session #3 <i>Speaker TBD</i>
12:30–1:15 PM	Lunch (Provided)
1:15–2:15 PM	Session #4 <i>Speaker TBD</i>
2:15–2:30 PM	Break
2:30–3:30 PM	Session #5 <i>Speaker TBD</i>
Afternoon Options	Afternoon Activity <i>Adjourn for the Day</i>

DAY 3: Friday, May 17, 2024 – General Sessions

*Coffee and tea available from 7:00 AM until consumed.
Registration, Welcome, and General Sessions in Bass Harbor Classroom.*

7:00–8:00 AM	Morning Activity
9:00–10:00 AM	Session #1 <i>Speaker TBD</i>
10:00–11:00 AM	Session #2 <i>Speaker TBD</i>
11:00–11:15 AM	Break
11:15 AM–12:30 PM	Session #3 <i>Speaker TBD</i>
Afternoon Options	Afternoon Activity <i>Adjourn for the Day</i>



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****Please note that this is a tentative schedule. Course titles and content may be subject to change.***

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