

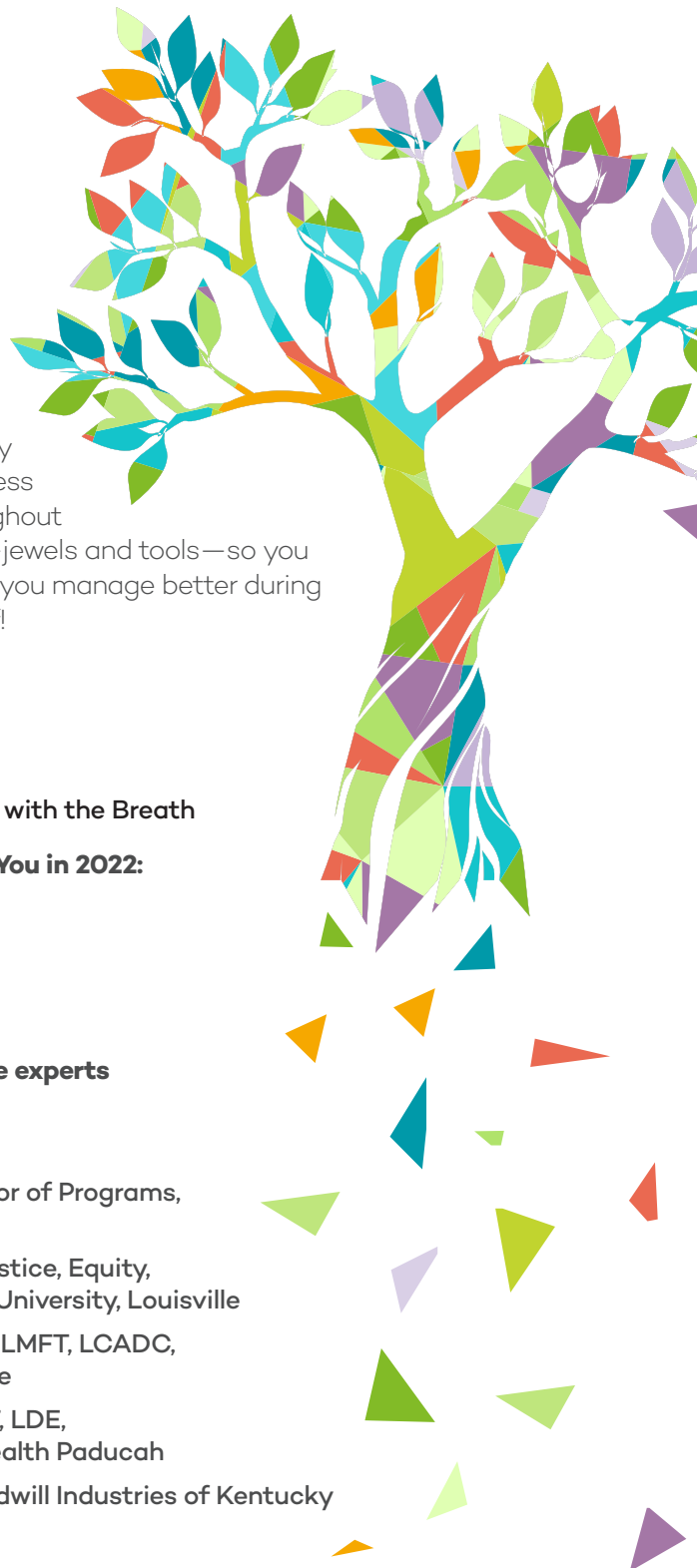
Address the Stress: Picking Up the Pieces from the Brokenness

Date: Friday, January 21, 2022

Time: 10:00 am - 2:45 pm Eastern

by Passport Health Plan by Molina Healthcare and
Creative Spirits Behavioral Health

Conference Description: Living through a health pandemic, social injustice, and challenges with the economy is stressful, to say the least. Across Kentucky, people are facing the stressors of working and living differently than we did before COVID-19 rocked our world. Many people are experiencing heightened levels of stress, anxiety, and burnout. Please join us for a half day virtual conference where you can step out of the stressors of daily life and join a variety of speakers from across the Commonwealth to learn about how stress impacts our body, mind, and spirit. You will have opportunities throughout the conference to experience different stress-relieving techniques—jewels and tools—so you can build your own stress-relieving treasure chest or tool kit to help you manage better during stressful times. Take care of you by investing in this time for yourself!



Conference Agenda:

- 10:00** **Welcome and Conference Overview**
Jewel and Tool: Intentional Centering and Being Present with the Breath
- 10:15** **Keynote Presentation: Stress and How to Take Care of You in 2022:**
Dr. Elizabeth McKune, AVP Behavioral Health,
Passport Health Plan by Molina Healthcare
- 10:45** **Jewel and Tool: Yoga: Stretching Away the Stress!**
Karen McKnight, CYT, ALI Yoga Wellness
- 11:00** **Regional Panel: Stress Across Kentucky: Learn from the experts**
how to handle specific types of stress.
Panelists:
- **Addiction/SUD:** **Stephanie M. Raglin**, LCADC, Director of Programs, Hope Center, Inc., Lexington
 - **Racial/Social Injustice:** **Dr. Steven Kniffley**, Chief Justice, Equity, Diversity & Inclusion Officer and Professor, Spalding University, Louisville
 - **PTSD/Depression/Anxiety:** **Cassandra Harris-Gray**, LMFT, LCADC, CEO of Creative Spirits Behavioral Health, Shelbyville
 - **Health & the Pandemic:** **Michael Muscarella**, PT, DPT, LDE, Executive Director of Ambulatory Care at Baptist Health Paducah
 - **Economy/Survival Mode:** **Rena Sharpe**, COO of Goodwill Industries of Kentucky
- 12:00** **Break and grab your lunch**



Conference Agenda Continued:

12:15 **Jewel and Tool: Cooking Demo: Eat Well, Stress Less!** with Chef **LaShondra Gray**, Private Chef

Grab your lunch and join Chef L to see how easy it is to prepare delicious foods that can help improve your mood, fight stress and relieve anxiety! When you eat well, you can stress less!

12:45-2:30 **Jewel and Tool: Experiential Breakout Sessions three 30-minute sessions: Pick 3 to attend!**

- **A Mind-Fullness Meditation: Stop All the Chatter That Doesn't Matter: Karen McKnight, CYT, ALI Yoga Wellness**

Quieting your mind is a journey you can complete in 15 minutes. Join me to learn how to quiet your mind to help relieve stress, improve your sleep, and cultivate calm, kindness, and resiliency. Even if your mind is full of chatter, you can build a meditation routine!

- **Create More. Stress Less: Jennie DiBeneditto, Sr. Graphic Designer, Molina Healthcare**

Studies show that the act of making art, regardless of your experience level or the outcome, reduces stress. It doesn't matter whether you can draw or not or what you make, the joy is in the creation! Join me to learn some simple, fun, and inexpensive ways to use art to stress less!

- **Journaling: Releasing the Mind Clutter: Cassandra Harris-Gray, LMFT, LCADC, CEO, Creative Spirits Behavioral Health and Lisa Bellafato, Ed.M., Program Manager DEI & Health Education, Passport Health Plan by Molina Healthcare**

Join us to learn how journaling can be a powerful jewel/tool for releasing stress, being mindful, and enhancing creativity. Have a piece of paper (or journal) and pen handy to experience the joy of journaling through some fun prompts.

- **Motivating Movement with 2 B.A.D. Fitness: Jessica Hampton, Owner, 2BAD Zumba**

Certified Zumba instructor, Jessica Hampton, helps you destress through dance! It's so fun, you will forget it is a workout! Be sure to wear athletic clothing, comfortable shoes, bring a towel and water to drink. You're guaranteed to get your heart pumping!

- **Self-Care for Stress Relief: Dr. Ashley Anderson, PhD, WHNP-BC, CEO & Women's Health Nurse, Athena Health and Wellness; Jenny Townsend, LCSW & Reiki Master, Jenny Townsend Counseling**

Self-care is powerful and essential for our health and well-being. Join us to learn how you can use energy work, EFT (tapping), and aromatherapy to take care of yourself during stressful times.

2:30-2:45 **Closing**

Please click [here](#) to register!

For more information, visit our website: www.passporthealthplan.com/healthandwellness

This training has been approved by the Kentucky Department for Public Health Community Health Worker Program to provide one and a half (1.5) continuing education units for Certified Community Health Workers.

