



Pacem Health Seminar Day

Thursday April 13, 2017

8:30 Building opens for the day	
8:45 AM – 9:45 AM Brain Development and Teens with Allison Hall	8:45 AM – 9:45 AM Introduction to First Aid with Mianda Wood
9:45 AM – 11:00 AM Sex and Sexuality (High School) with Gwyn Isaacs	9:45 AM – 11:00 AM Hike to the Quarry with Pacem staff
11:00 AM– 12:00 PM The Omnivore’s Dilemma: Pacem style Jaime and the Science of Food and Water class	11:00 AM– 12:00 PM Meditation in Motion with Amy Thornton
12:00- 12:30 Lunch ** see information about lunch below.	
12:30 PM – 1:45 PM Sex and Sexuality (Middle School) with Gwyn Isaacs	12:30 PM – 1:45 PM Hike to the Quarry with Pacem staff
1:45 – 2:45 Low Stress Fitness with Lexi	1:45 PM – 2:45 PM Youth Mental Health with Meg Pehle
3:00 Building closes for the day	

**** A health vegetarian lunch will be prepared** as part of “the Omnivore’s Dilemma” workshop. The lunch will include salad, roasted squash, rice, ginger garlic tofu, and berries for dessert. If you plan to eat the lunch provided, **please bring \$5 to cover the cost**, and let us know when you register.

The building will open for the day from 8:30 to 3:00. We ask that if students are in the building that they be attending one of the workshops. There are two workshops running concurrently throughout the day. Students will choose one workshop to attend in each time slot.

All homeschooled students aged 10-18 are welcome to attend morning workshops. Presentations are free for currently enrolled Pacem students. **Non-Pacem students may attend the full day for \$20.** Please pre-register by calling 223-1010 or emailing lexi@pacemschool.org

What to Bring to Health Day:

- Yourself!!
- Healthy snacks (and lunch if you don’t want the lunch provided)
- Water in a water bottle
- Outdoor clothing suitable for the weather (including shoes or boots that can get muddy). All participants need to have enough layers that they will be comfortable sitting outside for an extended period.
- A small backpack to carry water for our hikes.