

	Event Agenda	Presenter
12:30 PM	Music - Welcome to We Move for Health!	Adriene Bennett
	Announcements: Disclaimer, You Must be present to win Prizes, Resource Guide <a href="http://hhrec.org/10-x-10-wellness/">http://hhrec.org/10-x-10-wellness/</a>	Adriene Bennett
	How to use Zoom and intro	Jamie Works-Wright
	Survey Monkey We Move for Health <a href="https://www.surveymonkey.com/r/LWSTGHX">https://www.surveymonkey.com/r/LWSTGHX</a>	Jamie Works-Wright
12:40 PM	10X10 Wellness Program and HHREC, and today's expectations including the prizes	Adriene Bennett
	Theme: Wellness By Any Means Necessary	Nia Thompson
12:45 PM	Laughter Yoga- Teena Miller	Teena Miller
	Wheel of Names Spin for Prizes	Paulette Franklin
	Mental Health Presentation- What, Why, How	Shirley Wong
	Wheel of Names Spin for Prizes	Paulette Franklin
	DBT/Mindfulness by Marti Winterhalter	Marti Winterhalter
	Wheel of Names Spin for Prizes	Paulette Franklin
	Chair Chi- Edison Lee	Edison Lee
	Wheel of Names Spin for Prizes	Paulette Franklin
2:12 PM	10 x 10 Community Advisory Board (CAB) Members talk about their organizations	Jamie Works-Wright Berkeley Mental Health, Ingrid Chung (AHS), Dorothy Tsang (MHACC):1-800-881-8502, Mary Hogden (POCC), Peggy Rahman NAMI, Adriene Bennett HHREC
2:22 PM	Xtreme Hip Hop with Amber Gholston	Amber Gholston
	Mindfulness – English and Cantonese	Jonie Tse
	BREAK Be right back 5 minutes	Adriene Bennett
	Yoga	Elika Aird
	Wheel of Names Spin for Prizes	Paulette Franklin
	African Dance with Ava Square	Ava Square
4:00 PM	Food Demo- Denishi Blake	Denishi Blake
4:31 PM	Announcement of the Resource Guide Download information about instructors and organizations <a href="http://hhrec.org/10-x-10-wellness/">http://hhrec.org/10-x-10-wellness/</a>	Adriene Bennett
	Event Survey - Please complete survey help us improve our event <a href="https://www.surveymonkey.com/r/LWSTGHX">https://www.surveymonkey.com/r/LWSTGHX</a>	Adriene Bennett/ Paulette Franklin

4:32 PM	Wheel of Names Spin- Grand Prize	Paulette Franklin
4:30 PM	<p>Thank you for Your Donations: Mental Health Association for Chinese Communities (MHACC), Dorothy Tsang, Elaine Peng \$500  Telecare (Marti Winterhalter and Sovi Thou) \$500  Asian Health Services, Specialty Mental Health Division, Prevention Program (AHS) \$500 and 3 backpacks, Jonie Tse, Ingrid Chung</p>	Adriene Bennett