





Monday August 10th 8:45 AM	<b>Session Title</b> <b>Session Description</b>	<b>Risking Happiness</b>  Have you ever screamed the following words? <p style="text-align: right;"><i>"I am <b>not</b> in the mood to be happy!"</i></p> <p>Have you ever noticed how some people actually repel happiness while others seem to make the best out of wherever they find themselves planted? Which of these descriptions best fits you? Happiness is a risk. Is it one you're willing to take? Join Motivator, Comedian, and Author, Karyn Ruth White as we assess the risks involved in committing ourselves to daily happiness. Is it worth the effort? What's our ROH? How will it affect us over the long-term? Can be amortized? What's our deductible? Should CO PRIMA offer incentives for long-term happiness? Can we insure ourselves against misery? Join us as we enjoy answering these questions and more.</p>
	<b>Speaker Name</b>	<b>Karyn Ruth White</b> <i>Laugh &amp; Learn Productions</i>
	<b>Speaker Bio</b> 	Karyn Ruth White helps organizations navigate change, bolster morale and re-energize enthusiasm. Her hilarious keynote programs include: <i>Laugh Your Stress Off, Does Somebody Need To Be Changed?, Desperately Seeking Service, The Six Secrets To Staying Miserable and Risking Happiness</i> . She is the co-author of the breakthrough book <i>Your Seventh Sense, How to Think Like A Comedian</i> , helping professionals incorporate mind techniques used by comedians to create perspective, buy-in and laughter from everyday experience. A virtual tour and a real laugh are just a click away at <a href="http://www.karynruthwhite.com">www.karynruthwhite.com</a> .
Monday August 10th 10:30 AM	<b>Session Title</b>	<b>The Changing Face of Claims Administration</b>
	<b>Session Description</b>	Whether a company is self-administered, uses a third party administrator or is an insurance carrier, find out how the following affects your organization operations and cost of doing business. The matters affecting these changes include, but are not limited to: <ul style="list-style-type: none"> <li>• EDI (Electronic Data Interface) requirements as mandated by regulatory agencies,</li> <li>• Changes in RMIS technology,</li> <li>• MMSEA Mandatory Insurer Reporting/SCHIP reporting for workers' compensation and liability</li> <li>• Operating in a paperless environment,             <ul style="list-style-type: none"> <li>○ Changes the way we do business and the make-up of staff</li> <li>○ Significantly increases management effectiveness</li> </ul> </li> <li>• SAS 70 compliance,</li> <li>• Internal and external auditing,             <ul style="list-style-type: none"> <li>○ Efficiencies gained by paperless environment</li> </ul> </li> <li>• Fraud, and</li> <li>• Software integration</li> </ul>

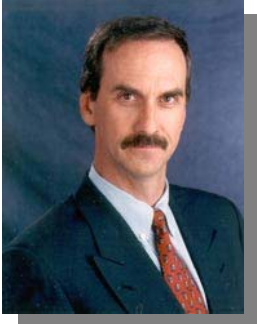


	<b>Speaker Name(s)</b>	<b>Shana Barrowclough &amp; Tom Veale</b> <i>TRISTAR Risk Management</i>
	<b>Speaker Bio(s)</b>	<p><b>THOMAS J. VEALE</b>          FOUNDER and PRESIDENT</p> <p>Mr. Veale founded TRISTAR Insurance Group in 1987 to handle claims and other management functions for Meridian Insurance Company. Prior to forming TRISTAR, Mr. Veale served as the Director of Financial Reporting for Transamerica Insurance Company and then as Vice President of Topa Insurance Company. Mr. Veale has been the driving force behind the expansion of TRISTAR Insurance Group from a small, local and specialized TPA with revenues of under \$1 million to the western regional TPA that it is today with over 630 employees and over \$60 million in revenue.</p> <p>Mr. Veale is very active within TRISTAR management handling mergers &amp; acquisitions and overseeing strategic business management, marketing and client relations and operational / financial consulting to many self-insured and captive insured clients.</p> <p><b>SHANA BARROWCLOUGH</b>          VICE PRESIDENT, CLAIMS OPERATIONS</p> <p>Ms. Barrowclough is the Vice President of Claims Operations for TRISTAR Risk Management and oversees both the Quality Assurance department and the Internal Audit team. Shana is responsible for ensuring quality and consistency of claims management throughout TRISTAR's 17 branch offices. She is the liaison between the branch claims operations, the IT department and finance department to ensure the delivery of high quality claims management and excellent customer service to all of TRISTAR's clients. Her experience includes over 15 years with both insured and self-insured clients. She has a B.B.A. from the University of New Mexico and is SIP certified.</p>

Monday August 10th 10:30 AM	<b>Session Title</b>	<b>Identifying a Predator; Steps &amp; Stages Before They Strike</b>
	<b>Session Description</b>	Who are they; why are they here and how do we recognize predatory behavior before they strike? According to the FBI, sexual predators abuse at least 100 children before they are caught. They are not usually the creepy person standing on the corner offering candy. They are the favorite teacher, the favorite recreation leader or the nicest person in the neighborhood. There is a pattern when setting up a victim. This program will discuss those patterns and opportunities to prevent large losses from victims.
	<b>Speaker Name</b>	<b>Julie Garcia</b> <i>Poms &amp; Associates</i>
	<b>Speaker Bio</b>  	<p>Julie Garcia brings 25 years of experience in Civil Rights and Human Resources to the Poms and Associates Risk Management Team. Her SPHR and ARM certificated give her a unique perspective on Employment Practices Liability. She is an experienced trainer who has made numerous presentations and conducted hands on workshops for public agencies throughout the United States. Ms. Garcia provides regular consultation and training on risk management, civil rights regulations, human resources issues and their relationship to each other.</p> <p>In 1998, the NM Personnel Association honored her for her work in the development of fingerprint background legislation for teachers and school staff. Ms. Garcia and the Risk Management staff at Poms and Associates- Albuquerque received the World Safety Organization's 2001 Educational Award for their work in the development of the sexual molestation prevention training and reporting programs in public schools. The <u>Identifying a Predator</u> program has received national attention and is once again being nominated for several awards.</p>



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Monday August 10th 1:00 PM	<b>Session Title</b> <b>Session Description</b>	<b>Colorado's Workers Compensation Update 2009: A Top 10 List</b> Mr. Cairns, a workers' compensation defense attorney with 26 years experience, will discuss the following topics: <ol style="list-style-type: none"> <li>1. Legislative update</li> <li>2. Workers' compensation cases of special interest to public and self-insured employers</li> <li>3. Rules update</li> <li>4. The new apportionment statute- one year later.</li> <li>5. The impact of the ADA amendments on workers' compensation decisions by adjustors and employers</li> <li>6. The impact of the new FMLA regulations on fitness for duty certifications</li> <li>7. Release of medical information about illicit drug usage determined during compliance testing</li> <li>8. Recent case law pertaining to pre-employment testing</li> <li>9. The impact of new CMS regulations on the ability of respondents' counsel to settle cases and</li> <li>10.A model for testing current employees for fitness for duty</li> </ol>
	<b>Speaker Name(s)</b>	<b>Greg Cairns</b> <i>Ruegsegger, Simmons, Smith &amp; Stern, LLC</i>
	<b>Speaker Bio (s)</b> 	<p>Mr. Cairns' practice focuses on workers' compensation defense and related employment law. Mr. Cairns attended the University of Wisconsin at Madison where he received a Bachelor of Arts degree with honors in Psychology in 1975. Following graduate school, he obtained his law degree from the University of Texas at Austin in 1982. Mr. Cairns has been licensed to practice law in the State of Colorado since 1982.</p> <p>Mr. Cairns has twenty-five years of experience as a defense attorney in matters relating to workers' compensation and employment law. He has published several articles in <u>The Colorado Lawyer</u> concerning employment issues and pre-judgment interest, and has been a frequent speaker concerning workers' compensation, pre-employment testing, the American with Disabilities Act of 1990, and the Family and Medical Leave Act of 1993. He has taught basic legal research in the paralegal training programs for Metropolitan State College in Denver and the Denver Paralegal Institute.</p> <p>Mr. Cairns, who hails from Wisconsin, currently practices with Ruegsegger Simons Smith &amp; Stern, LLC, in Denver, Colorado.</p>



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<p>Monday        August 10th        1:00 PM</p>	<p><b>Session Title</b>  <b>Identifying &amp; Preventing Fraud in the Workplace</b></p> <p><b>Session Description</b></p>	<p>Fraud and dishonesty costs businesses billions of dollars each year. A survey by the Association of Certified Fraud Examiners estimates that businesses lose 7% of their annual revenues to fraud. Unfortunately, most fraud initially goes undetected and not all that is discovered is made public. In addition, most businesses are reluctant to report losses in order to avoid negative publicity.</p> <p>With a struggling economy, unstable credit markets and financially strapped employees, opportunity exists for an increase in both the frequency and severity of employee fraud. Can your entity afford it?</p> <p>This session will explore the prevalence and nature of workplace fraud, with an emphasis on the types of internal controls and procedures that are paramount in prevention.</p>
	<p><b>Speaker Name(s)</b></p>	<p><b>Brian Sandy</b>  <i>IMA of Colorado</i></p> <p><b>Matthew Wester</b>  <i>Hein &amp; Associates, LLP</i></p>
	<p><b>Speaker Bio(s)</b></p>	<p><b>Brian Sandy, AFSB</b>        Director of Financial Services        IMA of Colorado, Inc.</p> <p>As Director of Financial Services at IMA, Brian is responsible for consultation and placement of Executive Liability including Directors and Officers Liability, Fiduciary Liability, Employment Practices Liability, Professional Liability, and Specialty Crime. Before joining IMA in 2003, he was Branch Manager of Commercial Executive Liability for Travelers in their Denver Regional Office. Brian began his insurance career with Aetna in 1989 and has 20 years of experience in Executive Liability, Professional Liability and Fidelity, lines. He is a graduate of the University of Denver with a BS in Finance and holds an Associate in Fidelity and Surety Bond Designation.</p> <p>Brian is active in the Professional Liability Underwriting Society and currently sits on the Travelers Executive Liability National Agency Partners Council. He is a frequent speaker on Executive Liability topics to corporate boards, trade associations, and industry functions.</p> <p><b>Matthew W. Wester, CPA, CFE</b>        Partner        Hein &amp; Associates LLP</p> <p>Matthew is a CPA and CFE with over 15 years of varied experience in accounting and litigation consulting services and provides assistance to counsel and business management on a variety of legal disputes.</p> <p>His primary areas of concentration are economic damages and forensic accounting investigations. Matthew's background also includes computer modeling, analysis and trial graphics, bankruptcy, solvency, business valuation and out-of-court debt restructurings.</p> <p>In the area of economic damages, Matthew specializes in the calculation of damages resulting from lost profits in commercial business disputes. In these matters, he serves as a testifying expert and assists counsel with services ranging from pre-litigation damage assessments to mediation, arbitration and trial proceedings.</p> <p>Matthew has also been a speaker for an economic damages course approved for continuing legal education in Colorado and several other Western states.</p> <p>Matthew is a Certified Fraud Examiner and has extensive experience in fraud and forensic accounting investigations. He has been retained by attorneys, business owners and public companies to investigate items such as financial statement fraud, white collar crime, violations of the Foreign Corrupt Practices Act and the misappropriation and tracing of assets. This experience includes electronic data analysis through the use of computer forensics, including data recovery, data conversion, data mining and database models. Matthew has also been engaged by public and private companies to assess internal controls and develop recommendations to strengthen controls.</p>




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Monday August 10th 2:15 PM	<b>Session Title</b>	<b>Critical Infrastructure Security: Homeland Security Update for Governmental Entities (Part 1)</b>
	<b>Session Description</b>	<p>Terrorism Awareness: Protecting Soft Targets": The goal is to identify and document Critical Infrastructure vulnerabilities, provide information for protective measures planning and resource allocation, and identify and document protective measures for Homeland Security Advisory System (HSAS) threat levels. We want to provide the key information to function as a responder to the threat of terrorism within soft target areas; detect indicators of potential terrorist activities and indicators of suspicious behavior and activity; and make informed, controlled, and safe responses to incidents involving IEDs (Improvised Explosive Devices).</p>
	<b>Speaker Name(s)</b>	<b>Joe O'Keefe</b> <i>US Department of Homeland Security</i>
	<b>Speaker Bio(s)</b>	<p>Joe O'Keefe currently serves as the Protective Security Advisor (PSA) for the Denver, Colorado District, which covers the states of Colorado, Montana, and Wyoming. Mr. O'Keefe supports homeland security efforts, serving in an advising and reach-back capacity to state Homeland Security Advisors. He contributes to the development of the national risk picture by assisting with the identification, assessment, monitoring, and minimizing of risk to critical assets at the local level. As a PSA, Mr. O'Keefe facilitates, coordinates, and performs vulnerability assessments for local critical infrastructure and assets, and acts as a physical and technical security advisor to Federal, state, and local law enforcement agencies.</p> <p>Joe is an Air Force retiree – he served as a Combat Controller in the joint community with notable deployments in support of Operation DESERT SHIELD/STORM (Saudi Arabia, Kuwait, and Iraq), NATO Stabilization Force Operations (Bosnia), and Operation ENDURING FREEDOM (Afghanistan). During his last assignment in the U.S. Special Operations Command's Integrated Survey Program, Joe specialized in full spectrum security assessments at overseas high-risk U.S. Department of State diplomatic facilities. His awards and decorations include selection as one of the Air Force's Top-12 Outstanding Airmen, the Bronze Star Medal with Valor device, the Defense Meritorious Service Medal, the Joint Service Commendation Medal, and the Air Force Commendation Medal.</p> <p>Joe has been married for 20 years and has three sons.</p>




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Monday August 10th 2:15 PM	<b>Session Title</b> <b>Insurance Policies - Where's the Coverage?</b>	<b>Session Description</b> Session to examine certain policy coverage issues, such as Public Officials Liability, General Liability, Police Professional (what operations are excluded or limited?)...  <u><b>State of the Marketplace:</b></u> A review of the current insurance marketplace and how it has been affected by our economy and worldwide losses.  <u><b>Liability Insurance Policies – Where's the Coverage?</b></u> A brief review of the intent of the Public Officials Liability, General Liability and Automobile Liability policies. In this session you will learn how insurance policies are designed to provide coverage in key areas and where there are potential gaps that may leave you under or uninsured. In these current economic times when you're trying to get the most out of your budget, you do not want to be exposed to unintended or unforeseen financial losses that may negatively impact your entity.
	<b>Speaker Name(s)</b>	<b>Mike Butler, CPCU</b> <i>Flood &amp; Peterson</i>
	<b>Speaker Bio(s)</b>	 <p>Mike Butler is Vice President and Chief Sales Officers for Flood &amp; Peterson Insurance. Mike has more than 25 years experience in Property and Casualty insurance. He began his career on the insurance carrier side working in various Branch offices and the Home office of Maryland Casualty Company. He gained extensive underwriting, risk identification and risk transfer experience as a National and Large Accounts Underwriting Manager. At Flood &amp; Peterson Insurance, he uses his extensive knowledge of the commercial marketplace working with alternative risk management buyers as well as helping design and develop general insurance placements. Mike received a B.S. in Business from California State University, Sacramento, CA. Mike is a Chartered Property Casualty Underwriter (CPCU). He currently serves as the Vice President of the Board of Directors for the Arapahoe House Foundation. He is also on the Board of Governors for the Metro Denver Economic Development Corporation.</p>
Monday August 10th 3:30 pm	<b>Session Title</b> <b>Critical Infrastructure Security: Homeland Security Update for Governmental Entities (Part 2)</b>	<b>Session Description</b> Terrorism Awareness: Protecting Soft Targets": The goal is to identify and document Critical Infrastructure vulnerabilities, provide information for protective measures planning and resource allocation, and identify and document protective measures for Homeland Security Advisory System (HSAS) threat levels. We want to provide the key information to function as a responder to the threat of terrorism within soft target areas; detect indicators of potential terrorist activities and indicators of suspicious behavior and activity; and make informed, controlled, and safe responses to incidents involving IEDs (Improvised Explosive Devices).
	<b>Speaker Name(s)</b>	<b>Joe O'Keefe</b> <i>US Department of Homeland Security</i>
	<b>Speaker Bio(s)</b>	<p>Joe O'Keefe currently serves as the Protective Security Advisor (PSA) for the Denver, Colorado District, which covers the states of Colorado, Montana, and Wyoming. Mr. O'Keefe supports homeland security efforts, serving in an advising and reach-back capacity to state Homeland Security Advisors. He contributes to the development of the national risk picture by assisting with the identification, assessment, monitoring, and minimizing of risk to critical assets at the local level. As a PSA, Mr. O'Keefe facilitates, coordinates, and performs vulnerability assessments for local critical infrastructure and assets, and acts as a physical and technical security advisor to Federal, state, and local law enforcement agencies.</p> <p>Joe is an Air Force retiree – he served as a Combat Controller in the joint community with notable deployments in support of Operation DESERT SHIELD/STORM (Saudi Arabia, Kuwait, and Iraq), NATO Stabilization Force Operations (Bosnia), and Operation ENDURING FREEDOM (Afghanistan). During his last assignment in the U.S. Special Operations Command's Integrated Survey Program, Joe specialized in full spectrum security assessments at overseas high-risk U.S. Department of State diplomatic facilities. His awards and decorations include selection as one of the Air Force's Top-12 Outstanding Airmen, the Bronze Star Medal with Valor device, the Defense Meritorious Service Medal, the Joint Service Commendation Medal, and the Air Force Commendation Medal.</p> <p>Joe has been married for 20 years and has three sons.</p>




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Monday August 10th 3:30 PM	<b>Session Title</b>	<b>Attracting &amp; Retaining the Best &amp; Brightest</b>
	<b>Session Description</b>	By 2010, there will be 168 million jobs in the US and only 158 million workers. This session will assist you with recruiting and retaining talent, understanding generational differences, and implementing strategies with tools for success.
	<b>Speaker Name(s)</b>	<b>Bob Broeckelman, PhD</b> <i>Summit Point Consulting</i>
		<b>Robert "Bob" Broeckelman, PhD</b> Vice President of Recruiting & Selection
		<p>Bob Broeckelman is Vice President of Recruiting &amp; Selection Services with Summit Point Consulting headquartered in Denver, Colorado, but is housed in Wichita, Kansas. Bob's responsibility is to assist the bank, associations, and their branches with their selection and training of new personnel throughout 11 states in the southwestern part of the United States and additional associations in 14 other states. Through extensive research on each position and the applicants for the position, a concentrated effort is given to match the right person with the right job and place them in the right location. Over the past twenty years, turnover has dropped from as high as 28 percent down to 3 to 4 percent.</p> <p>Bob has a PhD in Adult and Occupation Education (1988) with an emphasis in management and human resources from Kansas State University. Prior to his current role, Bob taught high school vocational agriculture at Norton, Kansas for 5 years and was on the Kansas State University staff serving as the Executive Secretary of the Kansas Association of FFA and Kansas Young Farmers Association for the State of Kansas for five years. He began his career with Farm Credit in 1981 and has over 25 years experience in developing selection instruments to help banks and associations make better hiring decisions. The selection instruments can be utilized to select new employees from entry level to CEO positions.</p> <p>Bob also has a training and group presentation background. He can train in the areas of "How to Avoid Sexual Harassment in the Workplace", "We Care – Teaming", and Management Development using a 360-degree instrument. He has made several presentations at various National Farm Credit meetings including "The Learning Conference", Sales Leadership Conference and AgriBank HR Conferences.</p> <p>He has been very active in the community as well as the school system. He recently served on the Maize High School Site Council, is past President of the Rotary Club of West Wichita, and past Vice-President of the Saint Elizabeth Ann Seton Pastoral Council. He has also served as the past President of the Kansas State University Ag Alumni Association, member of the Kansas State University Alumni Association, past President of the Wichita Chapter of Administrative Management Association, and past President of the Autumn Ridge Homeowners Association.</p> <p>He is married to Bunny, a kindergarten teacher at Central Elementary School in Maize, and has three married children -- Ashley, Brooks, and Barry. Ashley (daughter) is a graduate from Kansas State University in Elementary Education and is teaching 5<sup>th</sup> grade in the Maize, Kansas School System. Brooks (son) is a graduate of Kansas State University and is a pilot for Atlantic Southeast Airlines ASA, affiliated with Skywest Airlines in Atlanta, Georgia. Barry (son) is also a graduate of Kansas State University and recently completed his Medical Degree at the University of Kansas School of Medicine. He is completing his pediatrics residency at Children's Mercy Hospital in Kansas City.</p>




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Tuesday August 11th 8:30 AM	<b>Session Title</b> <b>Public Service of Public Employees</b>
	<b>Session Description</b>
	<b>Speaker Name(s)</b> <b>Rich Gonzales</b> <i>State of Colorado's Department of Personnel Administration</i>
	<b>Speaker Bio(s)</b>  <p>Rich was selected by Governor Bill Ritter, Jr. as the Cabinet agency Executive Director for the Department of Personnel &amp; Administration (DPA). This department is responsible for managing the various divisions that serve as the business center for Colorado's state government. DPA is responsible for the largest workforce in the State – 60,000 employee – and for managing state facilities, real estate transaction, business services ranging from telecommunications and computing to administrative hearings, financial accounting, State Archives, purchasing, collections, insurance and risk management, printing, and state fleet management.</p> <p>Rich was Vice President of Funds Development Workplace Campaign, Vice President of New Markets, and Vice President of Community Relations during his tenure at Mile High United Way from 2001 to 2006.</p> <p>Rich was a member of the Denver Department from 1972 to 2001, and served as Denver's Fire Chief from 1987 to 2001. He is a native of Denver, and is the youngest of 14 children. He and his wife, Mary Kanan, an attorney, have seven children, and four grandchildren.</p>
Tuesday August 11th 9:45 AM	<b>Session Title</b> <b>The Storm has Passed - Now What?</b>
	<b>Session Description</b> Dealing with the whirlwind of recovery options and insurance issues  After a school or any major public building suffers significant wind damage from tornadoes or other catastrophic storms, the process of recovery can be protracted and overwhelming if you aren't prepared. In this session, industry professionals who have worked with public entities after recent Colorado weather events will share crucial elements for quick and cost-effective recovery.
	<b>Speaker Name(s)</b> <b>Jay McDonald, CR</b> <i>BELFOR Property Restoration</i> <b>Mike Gurley, CPCU CIC CRM</b> <i>Colorado School Districts Self Insurance Pool</i>
	<b>Speaker Bio(s)</b> <b>Jay McDonald, CR</b> BELFOR Property Restoration  Jay McDonald is the Restoration Division Manager for BELFOR Colorado, which consists of three offices – Denver, Colorado Springs & Glenwood Springs. He manages a team of over 130 personnel who handle emergency response mitigation efforts and loss recovery operations for structures and personal property impacted by fire, water, sewage, fungal contaminants and other perils.  Jay has fourteen years experience in the fire and water restoration industry and has been certified by the Institute for Inspection, Cleaning & Restoration Contractors (IICRC) in fire and smoke restoration, water damage restoration and upholstery/fabric cleaning. He has extensive training and experience in mold remediation and he has achieved the Certified Restorer (CR) designation from the National Institute of Disaster Restoration. There are fewer than 500 Certified Restorers internationally, and it is the property restoration industry's highest designation for restoration professionals.  Jay teaches frequently to various organizations of property owners, risk managers and insurance groups. Several of his classes are 3+ hours in length and qualify attendees for continuing education credits in the insurance community.



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		<p><b>Michael Gurley, CPCU CIC CRM</b>          Claims Manager          Colorado School Districts Self Insurance Pool</p> <p>Michael Gurley CPCU CIC CRM, has been in the insurance industry for 38 years. Michael has been the claims supervisor and claims manager in several different insurance companies and a corporate trainer teaching insurance contracts before becoming the Claims Manager of Colorado School District Self Insurance Pool. Michael's background includes the insurance areas of commercial property, commercial casualty, toxic tort, farm and auto. His hobbies are sailing, working on sailboats, golf and fishing when not sailing or working on sailboats.</p>
Tuesday August 11th 9:45 AM	<b>Session Title</b>	<b>Integrating OSHA into Your Safety Program - No Laughing Matter</b>
	<b>Session Description</b>	By the end of the session attendees should have a basic understanding of: <ol style="list-style-type: none"> <li>1. The more common OSHA Standards for public entities</li> <li>2. How their entity can be in compliance with the standards and how to document compliance</li> <li>3. What an entity should do if an OSHA inspector makes a visit (an inspection occurs and a citation is issued)</li> </ol>
	<b>Speaker Name(s)</b>	<b>Lauren Eib, MBA, ARM</b> <i>Pima County</i>
	<b>Speaker Bio(s)</b>	Lauren has an MBA and over 20 years experience in governmental risk management including experience as risk manager of a city and claims director of a local governmental insurance pool. She has over 10 years of experience managing the liability litigation process. Large loss cases that she has overseen have been argued before Federal Appeals Court and the State Supreme Courts in Delaware and Maryland. In her last seven years as Director of Risk Management with the Tucson Unified School District in Arizona she has managed several death cases and successfully arbitrated other large claims.
Tuesday August 11th 11:00 AM	<b>Session Title</b>	<b>Laughter Yoga</b>
	<b>Session Description</b>	<p><b>LAUGHTER YOGA FOR THE HEALTH OF IT!</b>          Need a safe place to let off steam in a healthy way? In this session you will be invited to experience Laughter Yoga, a combination of deep breathing, gentle stretching, guided laughter exercises and deep relaxation. Laughter Yoga was started in 1995 by a family physician in India with the simple premise that self-induced laughter provides the same health benefits as responsive laughter. There are currently 6000 Laughter Yoga clubs in over 60 countries. For more information on the Laughter Yoga concept visit <a href="http://www.laughteryoga.org">www.laughteryoga.org</a>. This session will help you leave your stress behind, re-oxygenate your blood, provide a gentle aerobic workout and give you a sense of energized calm. Laughter Yoga is a great tool for team-building, jumpstarting creativity and stress management in the workplace.</p>
	<b>Speaker Name(s)</b>	<b>Karyn Ruth White</b> <i>Laugh &amp; Learn Productions</i>
	<b>Speaker Bio(s)</b>  	Karyn Ruth White is a Motivator, Author, Humorist, Comedian and Certified Laughter Yoga Leader. She is the owner of Laugh and Learn Productions, LLC, an organization dedicated to helping people live with more joy and less stress.