

**MDONS Wellness Weekend Agenda**

**Grand Traverse Resort**

**100 Grand Traverse Village Blvd., Acme, MI 49610**



* **Guest speakers with 2 CEUs**
* **Wine tasting**
* **Friends & Networking**
* **Shopping**
* **Good food**
* **Laughs, fun, relaxation…….you owe it to yourself!!**

**Friday October 14th, 2022**

4:30 P.M. Registration

6:00 P.M. Welcome and Announcements

Dinner

Speaker: Dr. Grace Cullen, DNP PMGT-BC, FNP-BC, AOCNP, ACHPN,

Aroma Therapy

7:30 P.M. Social hour/Games

**Saturday October 15th, 2022**

7:30 A.M. Wellness walk

8:00 A.M. Breakfast

9:00 A.M. Speaker: Kay Wagner DHA, MSN, RN

Resiliency…A process for healing

10-1030 A.M. Break with Exhibits

10:30 A.M. Free time to get ready

11:00 A.M. Board bus

11:30-1 P.M. Chateau Chantel

1:00 P.M. Board bus

1:30 P.M. Lunch at Grand Traverse Resort

2:30 P.M. Board bus

3:00 P.M. Shopping in Traverse City

4:30 P.M. Board bus

5:00 P.M. Bowers Harbor

6:30 P.M. Board bus

7:00 P.M. Dinner

8:00 P.M. Social time/Games

**Sunday October 16th, 2022**

8-9:00 A.M. Breakfast

9-10:00 A.M. Yoga

10-11:00 A.M. Closing

**“When you’re a nurse, you know that every day you will touch a life or a life will touch yours.” —Unknown**