



Health and Wellness Conference 2024
February 2-4, 2024
Ala Moana Hotel

Friday, February 2nd

5:00-9:00p	Youth Activation Committee	Garden Lanai
5:00-9:00p	‘Ohana Task Force meeting and dinner	Plumeria

Saturday, February 3rd

8:15-8:50a	Registration	Foyer
9:00-9:55a	General Session: - Guest Speaker – Roberta Kraus, PhD Sports Psychology o How To Perform your Best	Hibiscus I
10:00-12:00p	Breakout Sessions Principles of Coaching SO Athletes - Coaches Navigating Systems –Families Health Messenger Training – Athletes/Mentors Athlete Leadership – Athlete Leadership Council members Youth Summit – Unified Champion Schools	Hibiscus II Plumeria Carnation Pakalani Garden Lanai
12:00-12:50p	Lunch - Guest Speaker – Roberta Kraus, PhD Sports Psychology o Doer versus Talker	Hibiscus I
1:00-3:00p	Breakout Sessions Principles of Coaching SO Athletes - Coaches Youth Summit – Unified Champion Schools	Hibiscus II Garden Lanai
1:00-5:00p	Breakout Sessions Navigating Systems –Families Health Messenger Training – Athletes/Mentors Athlete Leadership – Athlete Leadership Council members	Plumeria Carnation Pakalani
Evening	Dinner (on your own)	

Sunday, February 4th

6:30-7:45a	Breakfast (only for those staying overnight and attending Sunday tracks) - On your own time	Plantation Cafe
8:00 -12:00p	Breakout Sessions Principles of Coach SO Athletes - Coaches Community Collaborative for Inclusive Health –families/ athletes/community partners Health Messenger Training - Athletes Youth Summit – Unified Champion Schools	Hibiscus II Plumeria Carnation Outside venue
12:00-1:00p	Lunch	Hibiscus I
1:30p	Departure to airport	

