

**AGENDA OF ACTIVITIES FOR THE 3rd ANNUAL SUICIDE PREVENTION AND AWARENESS WALK**

**“Walk For Life: A Journey To Heal”**

**Tuesday, September 10, 2019; Human Services Facility, 795 Woodlane Road, Westampton NJ**

<b>TIME</b>	<b>ACTIVITY</b>	<b>COMMENTS</b>
7:30 am	Music in lobby	
8:30 am	Cycle Around the World for Awareness	All day - Lobby
9:00 am	Zumba	Presented by Joe Worgess 9:00am – 9:30am Lecture Hall
10:00 am	5 Minute Massages- Charlene Swift	MUST SIGN UP 10:00-1:00 pm
10:00 am	Super Foods that can Enhance Your Diet	Presented by Tarae Morton 10:00am-10:20am Lecture Hall
11:00 am	Mindfulness: a tool that anyone can use anywhere to improve our physical, emotional, and mental health. This brief presentation will define mindfulness, explain its importance, and give practical ways to implement it in one's life. We will also practice a few exercises during the session to help reset ourselves for the day.	Presented by Bobbie Downs 11:00am – 11:30am Lecture Hall
12:00pm	Key Note Speaker: Lucas from Minding Your Mind <b>(Limited Quantity of Lunches First Come First Served) Must Stay for Program</b>	12:00 -1:00pm Lecture Hall
1:10 pm	The National Action Alliance for Suicide Prevention is the public-private partnership advancing the National Strategy for Suicide Prevention ( <a href="http://actionallianceforsuicideprevention.org">http://actionallianceforsuicideprevention.org</a> ) The National Action Alliance for Suicide Prevention envisions a nation free from the tragic experience of suicide.  Goal: To reduce the annual suicide rate 20 percent by 2025.	Presented by Hampton Behavioral Health Center (PowerPoint Presentation) General overview of suicide prevention & what the community can do to help in these efforts (faith-based organizations, schools, the public, etc.). Handouts will be available. 1:10pm – 1:50pm Lecture Hall
2:00 pm	Panel Discussion First Responders	Presented by Burlington County Prosecutor’s Office 2:00 pm – 3:15pm Lecture Hall
3:30 pm	Yoga - Angelique Flynn	3:30pm – 4:15pm Lecture Hall
4:00 pm	Registration and Check In for the Walk Resource Tables	Lecture Hall
5:30 pm	Song Welcome Remarks  Song	Burlington Twp HS Jazz Chorus Shirla Simpson/Theresa Tobey Freeholder Kathleen Hiltner Burlington Twp HS Jazz Chorus
6:00 pm	WALK STARTS	

For More Information Call (609) 265-5536

[Register By Clicking](#)