

THRIVE!

Creating & Maintaining Health and Happiness

3rd Annual

NMSU Northern New Mexico District Wellness Conference

October 18 and 19, 2019

Santa Fe County Cooperative Extension Service
3229 Rodeo Rd, Santa Fe, NM

Early Bird (Through Sept. 19): One Day: \$15, or Both Days: \$25 Meal(s) Included
Standard (Sept. 20 - Oct. 19): One Day: \$18, or Both Days: \$30 Meal(s) Included

REGISTER AT: aces.nmsu.edu/thrive

FRIDAY EVENING, OCT. 18 6:00 PM - 8:30 PM

6:00 PM-6:50 PM **Dinner & Keynote**

7:00 PM-7:40 PM **Workshop 1**

Choose 1:

- ❖ The Benefits of Fermented Food
- ❖ What's Hiding in Your Personal Care Products
- ❖ The Productivity Factor: Accomplishing More by Doing Less

7:50 PM-8:30 PM **Workshop 2**

Choose 1:

- ❖ InstaPot Class
- ❖ Personality I.Q.
- ❖ Why You Should Travel and How to Save Money While Doing It

BOTH
DAYS



OR

ONE
DAY



SATURDAY MORNING, OCT 19 9:00 AM - 12:15 PM

9:00 AM-9:15 AM **Welcome**

9:30 AM-10:15 AM **Workshop 1**

Choose 1:

- ❖ How Caregiving Changes Your Relationships
- ❖ InstaPot Class
- ❖ What's Hiding in Your Personal Care Products

10:30 AM-11:15 AM **Workshop 2**

Choose 1:

- ❖ Keys to Embracing Aging
- ❖ Cooking from the Garden
- ❖ Banking Safely in Today's World

11:15 AM-12:15 PM **Lunch & Keynote**

Make a night of it!

Enjoy all the THRIVE offerings. Stay overnight in Santa Fe (suggestions):

Best Western Inn at Santa Fe

505-474-9500

\$79.00 Queen, \$89.00 2 Queens

Courtyard Santa Fe by Marriott

505-473-2800

\$99.00



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Santa Fe County Extension Office



If you are an individual with a disability who is in need of an auxiliary aid or service to participate in this event, please let us know at the time you register. NMSU and the U.S. Department of Agriculture Cooperating. New Mexico State University is an equal opportunity/affirmative action employer and education.