



presents the 1st annual

PSU Healthy Living Summit

Building Healthy People in a Healthy Place. Empowering individuals. Inspiring health. Embracing wellbeing!

At Plymouth State University (PSU), we have a passion for building the health and well-being of the community where we live, work and play. Our nationally recognized, Healthy PSU program and staff along with a dedicated group of wellness champions are excited to invite all faculty, staff, students, community members and employers to join us for our first annual healthy living summit. The summit will celebrate our efforts in building healthy people in a healthy place while providing the opportunity for people to connect and learn from those that share our passion and vision. By working together, we can start a movement of creating a healthier, happier place where everyone is thriving and living with purpose. This program is sponsored by Healthy PSU and is offered at no cost to everyone. For questions contact: healthy-psu@plymouth.edu. **REGISTER TODAY** :<https://goo.gl/c6YjJo> **Registration deadline September 29**

October 5, 2017

Plymouth State University • Plymouth, New Hampshire

Registration & Continental Breakfast 7:00 a.m. - 8:00 a.m.

Summit 8:00 a.m. - 12:00 p.m. • Exhibits, Lunch, Networking & Walking 12:00 p.m. - 1:30 p.m.



Opening Remarks
Denise Normandin, MA, RD, LD,
Project Director, Healthy PSU,
Plymouth State University



Don Birx, PhD, President,
Plymouth State University
**Innovation and Integration: A Healthy
Step in Transforming our Culture**



Ryan Picarella, MS, SPHR,
President & CEO,
Wellness Council of America
**People, Place, Purpose:
Reimagining Wellness**



**Panel Discussion
with PSU Employees and Students**
Moderated by Robyn Parker, PhD,
Academic Dean, Plymouth State
University



Speakers & Partners



Sean Foy, MA, Founder & President,
Personal Wellness Corporation and
Stronger U Academy
Building a Stronger U®



Tony Buettner, Senior VP of
Business Development, Blue Zones, LLC
Blue Zones: The Secret to Living Longer, Better!



Closing Remarks
Nick Vailas, MS, Founder & CEO
of Bedford Ambulatory Surgical Centers (BASC)
and Apple Therapy Wellness Centers,
PSU President's Council Member and Former
Commissioner NH Department of Health
& Human Services



Learn more about Healthy PSU, Plymouth State University's innovative, nationally recognized, award-winning wellness program at plymouth.edu/healthy-psu

