

The Third Annual Warrior Resilience Conference: Total Force Fitness DAY 1: 0700 - 1700			
Time	Location	Agenda Item	Speaker
0700 - 1700	Regency Ballroom Lobby	Registration	
0815 - 0825	Regency Ballroom	Administrative Announcements	CDR George Durgin, USPHS
0825 - 0835	Regency Ballroom	Welcome and Opening Remarks	CAPT Paul Hammer, USN
0835 - 0900	Regency Ballroom	Total Force Fitness Overview	COL Christian Macedonia, USA
0900 - 0930	Regency Ballroom	Strategic Vision for the Training of the Force	Dr. Clifford Stanley, FHP&R
0930 - 1000	Regency Ballroom	Strategic Vision for the Health of the Force	ADM Michael Mullen, USN
Break 1000 - 1020			
1020 - 1030	Regency Ballroom	The Psychological Domain	Lt Col David Dickey, USAF
1030 - 1040	Regency Ballroom	The Social Domain	Master Chief Clinton Garrett, USN
1040 - 1050	Regency Ballroom	The Spiritual Domain	CAPT Mark Steiner, USN
1050 - 1100	Regency Ballroom	The Environmental Domain	COL Karen O'Brien, USA
1100 - 1110	Regency Ballroom	The Behavioral Domain	CAPT Mark Stephens, USN
1110 - 1120	Regency Ballroom	The Medical Domain	COL Francis O'Connor, USA
1120 - 1130	Regency Ballroom	The Physical Domain	Maj Windy Hendrick, USAF
1130 - 1140	Regency Ballroom	The Nutritional Domain	CDR Kim Zuzelski, USN
Break 1140 - 1200			
Working Lunch 1200 - 1245 / MAJ David Rozelle, USA			
Break 1245 - 1300			
Breakout Sessions			
1300 - 1430	Potomac 1&2	Resilience Tactics	LtCol Trisha Voracheck, USAF; LCDR Jennifer Wallinger, USN; MAJ Reva Rogers, USA; Ms. Wendy Lasko; Ms. Victoria Wolford
	Potomac 3&4	Total Family Fitness	FOCUS: Patricia Lester, M.D.; Kirsten Woodward, LCSW Yellow Ribbon Reintegration Program: Mr. Glenn Welling, Jr.
	Potomac 5&6	Integrative Health Practices	Ms. Robin Carnes
	Washington A&B	Mind/Body Techniques for Resilience	Matt Fritts, MPH; Mark Bates, Ph.D.; Nisha Money, M.D., PhD; Dawn Wallerstedt, MSN
	Regency Ballroom EFCD	Eliminating Stigma	CPT Travis Lunasco, USA; LCDR Barry Adams, USN
Break 1430 - 1450			
Working Group Breakout Sessions			
1450 - 1700	Washington A	Workgroup 1 - The Psychological Domain, The Social Domain, The Spiritual Domain, The Environmental Domain	
	Regency Ballroom E&F	Workgroup 2 - The Behavioral Domain, The Medical Domain, The Physical Domain, The Nutritional Domain	
	Regency Ballroom C&D	Workgroup 3 - The Psychological Domain, The Spiritual Domain, The Behavioral Domain, The Environmental Domain	
	Potomac 3 & 4	Workgroup 4 - The Social Domain, The Environmental Domain, The Medical Domain, The Nutritional Domain	
	Washington B	Workgroup 5 - The Psychological Domain, The Social Domain, The Spiritual Domain, The Environmental Domain	
	Potomac 2	Workgroup 6 - The Behavioral Domain, The Medical Domain, The Physical Domain, The Nutritional Domain	
	Potomac 5 & 6	Workgroup 7 - The Psychological Domain, The Spiritual Domain, The Behavioral Domain, The Environmental Domain	
	Potomac 1	Workgroup 8 - The Social Domain, The Environmental Domain, The Medical Domain, The Nutritional Domain	
Evening Event: Restrepo - 1900			

The Third Annual Warrior Resilience Conference: Total Force Fitness DAY 2: 0700 - 1700			
Time	Location	Agenda Item	Speaker
0700 - 1700	Regency Ballroom Lobby	Registration	
0800 - 0810	Regency Ballroom	Opening Remarks	CDR George Durgin, USPHS
0810 - 0840	Regency Ballroom	Keynote Address	LTG Frank Kearney, USA
Break 0840 - 0900			
Working Group Breakout Sessions			
0900 - 1115	Washington A	Workgroup 1 - The Psychological Domain, The Social Domain, The Spiritual Domain, The Environmental Domain	
	Regency Ballroom E&F	Workgroup 2 - The Behavioral Domain, The Medical Domain, The Physical Domain, The Nutritional Domain	
	Regency Ballroom C&D	Workgroup 3 - The Psychological Domain, The Spiritual Domain, The Behavioral Domain, The Environmental Domain	
	Potomac 3&4	Workgroup 4 - The Social Domain, The Environmental Domain, The Medical Domain, The Nutritional Domain	
	Washington B	Workgroup 5 - The Psychological Domain, The Social Domain, The Spiritual Domain, The Environmental Domain	
	Potomac 2	Workgroup 6 - The Behavioral Domain, The Medical Domain, The Physical Domain, The Nutritional Domain	
	Potomac 5 & 6	Workgroup 7 - The Psychological Domain, The Spiritual Domain, The Behavioral Domain, The Environmental Domain	
	Potomac 1	Workgroup 8 - The Social Domain, The Environmental Domain, The Medical Domain, The Nutritional Domain	
Break 1115 - 1145			
Working Lunch 1145 - 1230 Dr. Jonathan Woodson			
Break 1230 - 1245			
Breakout Sessions			
1245 - 1415	Potomac 1&2	Resilience Tactics	LtCol Trisha Voracheck, USAF; LCDR Jennifer Wallinger, USN; MAJ Reva Rogers, USA; Ms. Wendy Lasko; Ms. Victoria Wolford
	Potomac 3&4	Total Family Fitness	FOCUS: Patricia Lester, M.D.; Kirsten Woodward, LCSW Yellow Ribbon Reintegration Program: Glenn Welling, Jr.
	Potomac 5&6	Integrative Health Practices	Ms. Robin Carnes
	Washington A&B	Mind/Body Techniques for Resilience	Matt Fritts, MPH; Mark Bates; Ph.D.; Nisha Money; M.D., Ph.D.; Dawn Wallerstedt, MSN
	Regency Ballroom EFCD	Eliminating Stigma	CPT Travis Lunasco, USA; LCDR Barry Adams, USN
Break 1415 - 1430			
1430 - 1650	Regency Ballroom	Working Group Presentations	
1650 - 1700	Regency Ballroom	Closing Remarks	CDR George Durgin