

Empower, The Leadership Experience

Teen Program Conference Agenda

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| 7:30 AM | Registration Open, Fidelity Bank Vendor Marketplace Opens, Highmark Wellness Studio Opens |
| 7:30 AM to 7:50 AM | Highmark Wellness Studio: Meditation Right Where You Are by Leora Sanchez, Himalayan Institute |
| 8:00 AM to 8:20 AM | Highmark Wellness Studio: LifeStretch: Learn How to Stretch for Life by Talia Walsh, Quest Studio |
| 8:00 AM to 8:40 AM | Continental Breakfast |
| 8:40 AM to 8:45 AM | Conference Welcome, Marianne Gilmartin, Esq., Incoming Chair, The Greater Scranton Chamber of Commerce |
| 8:45 AM to 8:50 AM | Special Guest Message, The Honorable Paige Cagnetti, Mayor, The City of Scranton |
| 8:50 AM to 8:55 AM | Presenting Sponsor Message, Amy Brayford, Executive Vice President and the Chief of Staff to the President and CEO, Geisinger |
| 8:55 AM to 9:00 AM | Breakfast Sponsor Message, Pete Danchak, NEPA Regional President, PNC Bank |
| 9:00 AM to 9:45 AM | Breakfast Keynote Sponsored by PNC Bank - You are Your Purpose, Dr. Lauren Hazzouri, Hazzouri Psychology |
| 9:45 AM to 9:50 AM | Platinum Sponsor Message - Nicole Strausser, Vice President of Beneficiary Services, Prudential |
| 9:30 AM to 9:50 AM | Highmark Wellness Studio: Reiki Universal Life Energy by Diane Rixner, Cultivate Well Being |
| 9:45 AM to 10:00 AM | Networking in the Fidelity Bank Vendor Marketplace |
| 10:00 AM to 10:20 AM | Highmark Wellness Studio: Fat Burn Pilates by Jackie Kerekes, The Training Loft |
| 10:00 AM to 10:45 AM | Session 1 |
| Sponsored By: | The Honesdale National Bank |
| Session Introduction: | Jess Meoni, Web & Graphics Designer, The Honesdale National Bank |
| Special Guest Remarks: | The Honorable Paige Cagnetti, Mayor, The City of Scranton |
| Speaker: | Kathryn Bondi |
| Topic: | Six Simple Rules for Ruling Social Media |
| 10:30 AM to 10:50 AM | Highmark Wellness Studio: Filling Your Cup: Self-Care for the Soul and Yoga Nidra by Melissa Roberts, The Ski Shack |
| 10:45 AM to 11:00 AM | Networking in the Fidelity Bank Vendor Marketplace |
| 11:00 AM to 11:20 AM | Highmark Wellness Studio: The Healing Power of Sound by Kailin Bouse, Kailin of Earth Wellness Studio |
| 11:00 AM to 11:45 AM | Session 2 |
| Sponsored By: | The Honesdale National Bank |
| Session Introduction: | Jess Meoni, Web & Graphics Designer, The Honesdale National Bank |
| Special Guest Remarks: | Senator Rosemary Brown, Pennsylvania 40th Senatorial District |
| Speaker : | Nicole Strauser |
| Topic: | Investing in Your Future: Empowering Financial Literacy |
| 11:30 AM to 11:50 AM | Highmark Wellness Studio: Yoga For All by Chelsea Manganaro, NearMe Yoga |
| 11:45 AM to 12:00 PM | Networking in the Fidelity Bank Vendor Marketplace |
| 12:00 PM to 12:40 PM | Lunch |
| 12:40 PM to 12:45 PM | Lunch Welcome, Bob Durkin, President, The Greater Scranton Chamber of Commerce |
| 12:45 PM to 12:50 PM | Special Guest Message, Honorable Bridget Kosierowski, PA State Representative, 114th District |
| 12:50 PM to 12:55 PM | Presenting Sponsor Message, Janet Tomcavage, MSN, RN, Executive Vice President, Chief Nurse Executive, Geisinger |
| 12:55 PM to 1:00 PM | Teen Program Sponsor Message, Elizabeth Nagy, Vice President, Director of Sales, Marketing and Digital , The Honesdale National Bank |
| 1:00 PM to 1:05 PM | Lunch Sponsor Message, Dr. Katie Leonard, President, Johnson College |
| 1:05 PM to 1:45 PM | Lunch Keynote Sponsored by Johnson College - A Fireside Chat with Patrice Banks, Founder, Girls Auto Clinic |
| 1:45 PM to 1:50 PM | Platinum Sponsor Message, Marie Beggin, Chief Executive Officer, Penn East Federal Credit Union |
| 1:30 PM to 1:50 PM | Highmark Wellness Studio: Crystal Energy Healing Guided Meditation by Dawn Marino, Heal By Dawn |
| 1:45 PM to 2:00 PM | Networking in the Fidelity Bank Vendor Marketplace |
| 2:00 PM to 2:45 PM | Session 3 |
| Sponsored By: | The Honesdale National Bank |
| Session Introduction: | Jess Meoni, Web & Graphics Designer, The Honesdale National Bank |
| Special Guest Remarks: | State Representative Bridget Kosierowski, Pennsylvania 114th District |
| Speaker: | Dr. Lauren Hazzouri |
| Topic: | Relief in Real Time by Dr. Lauren |
| 2:45 PM to 3:00 PM | Networking in the Fidelity Bank Vendor Marketplace |
| 3:00 PM to 3:45 PM | Session 4 |
| Sponsored By: | The Honesdale National Bank |
| Session Introduction: | Jess Meoni, Web & Graphics Designer, The Honesdale National Bank |
| Special Guest Remarks: | Patrice Banks, Founder, Girls Auto Clinic |
| Speaker: | Erica Acosta |
| Topic: | The Girl in the Mirror |
| 3:30 PM to 3:50 PM | Highmark Wellness Studio: Recharge in the Laughter Lounge by Jeannine Luby, Laugh to Live! |
| 3:45 PM | Dismissal |