THURSDAY MAY 9th
8:00 am - 2:00 pm
Bechtel Dining Hall & Avery House

7:45 am - 8:15 am - Check in and Breakfast
Breakfast will be served at 7:45am at Bechtel Dining Hall

8:15 am - 8:30 am - Event Opening - Julia McCallin
Julia will officially open the event at the Bechtel Dining Hall.

8:30 am - 9:30 am - Keynote Speaker Jeremy Poincenot
Keynote speaker Jeremy Poincenot. Jeremy is an Inspirational Speaker, Coach, & World Blind Golf Champion

9:30 am - 1:30 pm - Wellness Fair
Come by and talk to our vendors about organic meals, fitness deals, essential oils, meditation, health snacks, make up and much more.

9:30 am - 1:30 pm - Massage Station
4 masseurs will be offering chair massages - First come, first serve basis.

10:00 am - 2:00 pm - Wellness Activities

Activities With Schedule - Necessary Sign Up

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Sign Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 10:30</td>
<td>Tai Chi</td>
<td>Dahari Kronenberg</td>
<td>SIGN UP</td>
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<tr>
<td>10:45 - 11:15</td>
<td>Stress Relief</td>
<td>Dahari Kronenberg</td>
<td>SIGN UP</td>
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<tr>
<td>11:30 - 12:00</td>
<td>Self-Defense Class</td>
<td>Sanjay Raja</td>
<td>SIGN UP</td>
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<tr>
<td>12:15 - 12:45</td>
<td>Meditation</td>
<td>Maia Akiva</td>
<td>SIGN UP</td>
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<tr>
<td>1:00 - 1:30</td>
<td>Aromatherapeutic Yoga</td>
<td>Pili Bailey</td>
<td>SIGN UP</td>
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<td>9:30 am - 1:30</td>
<td>Avery Courtyard</td>
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<td>11:00 am - 2:00</td>
<td>Knitting and Crocheting Circle</td>
<td>Avery Conference Room</td>
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<td>11:00 am - 2:00</td>
<td>Bonsai Exhibition</td>
<td>Bechtel Dining Hall</td>
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<td>KAISER PERMANENTE Mobile Health</td>
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<td>Next to 370 S. Holliston Avenue (parking structure 4)</td>
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<td></td>
<td>Offering the following free Biometric Screenings: Cholesterol, Glucose, BMI and Blood Pressure. Use sign up code: Caltech</td>
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<td>SIGN UP</td>
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Powered by stickK, worklife @Caltech, Caltech Human Resources Human Solutions
At 19, he was your typical San Diego State University Sophomore. Friends, sports, fraternity and most importantly, perfect 20/20 vision. Then it happened, no warning, no time to prepare. Life began to blur. Over the next few months, he lost central vision in his right eye, followed closely by his left. The diagnosis: a rare genetic disorder called Lebers Hereditary Optic Neuropathy (LHON), a disease that affects a mere 100 people in the U.S. each year with no treatment or cure in sight. At first, he thought losing my vision meant forfeiting his life. But he soon learned that with every challenge comes an opportunity for greatness. With some hard work, dedication, and the support of the team he had created around him, a year after losing his sight he was able to compete in and won the World Blind Golf Championship in England. Today, he strives to raise awareness of LHON, and along with the help of his friends, they have created the C.U.R.E. ride (Cycling Under Reduced Eyesight), an annual fundraising bike ride thats raised over $200,000 for LHON research. His goal is to raise a million. Now, he turns his attention to inspiring audiences all over the world, spreading his story of overcoming adversity and encouraging others to gain perspective in their own lives. He has had the privilege of being featured on ABC’s 20/20, CNN.com, MTV’s True Life and ESPN.com and has spoken for many prestigious companies including Wells Fargo, Aflac, Honda, Kaiser permanente, John Hancock and many more. In each presentation, the message is: life is about making choices and if you choose to have a positive outlook, resolute purpose, and a hint of humor, anything is possible. Whether with friends, on the fairway, or in front of a packed crowd, he is still your everyday guy with an extraordinary story to tell. If you or your company needs inspiration, whether speaking to a large group or just making a small, personal impact, he is the inspiration you are looking for.

EVENT DETAILS

7:45 am - 8:15 am - Check in and Breakfast
The day will start with a breakfast served at 7:45am at Bechtel Dining Hall. Everyone who signs up for the keynote speaker presentation will be invited to join the breakfast buffet. There will be a registration table for checking-in attendees who have previously registered.

8:15 am - 8:30 am - Event Opening - Julia McCallin (Bechtel Dining Hall)
Opening remarks from Julia McCallin, Associate VP for Human Resources.

8:30 am - 9:30 am - Keynote Speaker - Jeremy Poincenot
At 19, he was your typical San Diego State University Sophomore. Friends, sports, fraternity and most importantly, perfect 20/20 vision. Then it happened, no warning, no time to prepare. Life began to blur. Over the next few months, he lost central vision in his right eye, followed closely by his left. The diagnosis: a rare genetic disorder called Lebers Hereditary Optic Neuropathy (LHON), a disease that affects a mere 100 people in the U.S. each year with no treatment or cure in sight. At first, he thought losing my vision meant forfeiting his life. But he soon learned that with every challenge comes an opportunity for greatness. With some hard work, dedication, and the support of the team he had created around him, a year after losing his sight he was able to compete in and won the World Blind Golf Championship in England. Today, he strives to raise awareness of LHON, and along with the help of his friends, they have created the C.U.R.E. ride (Cycling Under Reduced Eyesight), an annual fundraising bike ride thats raised over $200,000 for LHON research. His goal is to raise a million.

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8:30 am - 9:30 am - Keynote Speaker - Jeremy Poincenot

9:30 am - 1:30 pm - Wellness Fair (Avery Courtyard)
Come by and talk to our vendors about organic meals, fitness deals, essential oils, meditation, health snacks, make up and much more.

Ongoing Sessions: First come, first serve
9:30 am - 1:30 pm - Massage Station (Avery Library)
9:30 am - 1:30 pm - Skin Consultation & Mini Makeovers (Avery Courtyard)
11:00 am - 2:00 pm - Knitting and Crocheting Circle (Avery Conference Room)
11:00 am - 2:00 pm - Bonsai Exhibition & Origami Activities (Bechtel Dining Hall)
10:00 am - 10:30 am - Tai Chi (Dahari Kronenberg) - 30 people capacity

Energy is the bridge between your mind and body. When the mind and body are disconnected, disease begins to occur. Through simple Tai Chi principles and exercises, you become one with your body. Tai Chi creates a soft fluid upper body, strong solid lower body, clear mind, and stabilize emotions.

10:45 am - 11:15 am - Stress Relief (Dahari Kronenberg) - 30 people capacity

Negative stress causes tension in the chest and small intestines by blocking the natural flow of energy in our body. Through simple exercises, learn how to be aware and manage stress in the body through your internal temperature. With only 1-minute exercises, you can easily manage stress throughout the day. Smiling helps!

11:30 am - 12:00 pm - Self-Defense (Sanjay Raja) - 30 people capacity

Have you ever thought to yourself; what would be the most effective way to defend myself if I were attacked? The truth is you can defend yourself effectively no matter how big you are; through simple self-defense techniques you can learn and practice on your own and you can gain the self-confidence needed to ward off any attacker.

12:15 pm - 12:45 pm - Meditation (Maia Akiva) - 30 people capacity

Join Maia Akiva, meditation and positivity teacher for a gentle and powerful meditation experience. In this Heart Opening Meditation class, Maia will guide you through a quiet journey to achieve deep relaxation and quick mental detox. You will leave calm, refreshed and full of joy. Great for beginners. Come as you are. No special equipment needed.

1:00 pm - 1:30 pm - Aromatherapy Yoga (Pili Bailey) - 30 people capacity

Enjoy the combination of yoga and essential oils to relieve stress and soothe sore neck and shoulder muscles. No previous yoga experience is required. Pili Bailey will teach you moves that you can bring back to your office to keep your neck, shoulders, and back happy all-day long.

1:00 pm - 1:30 pm - Stress Relief (Dahari Kronenberg)

Negative stress causes tension in the chest and small intestines, blocking the natural flow of energy in our body. Through simple exercises, learn how to be aware and manage stress in the body through your internal temperature. With only 1-minute exercises, you can easily manage stress throughout the day. Smiling helps!

11:00 am - 2:00 pm - Knitting and Crocheting Circle, Bonsai Demonstration and Origami Workshop

**Knitting & Crocheting Circle** (David Orozco and Thea Orozco) - When you knit and crochet you make repetitive movements that require you to create a pattern that releases calming serotonin.

**Bonsai Demonstration** (Ted Matson) - Growing and tending to bonsai trees is a wonderful hobby and a great stress reliever.

**Origami Workshop** (Peggy Hasegawa) - Origami allows you to develop fine motor skills and mental concentration. It also helps you to improve hand-eye coordination, sequencing skills, math reasoning, spatial skills and memory.
**EVENT MAP**

9:30am - 2:00pm - Kaiser Health Vehicle next to 370 S. Holliston Avenue (parking structure 4)
Biometric Screenings for Cholesterol, Glucose, BMI and Blood Pressure will be offered.

**KAISER PERMANENTE®**

**SIGN UP**

Use sign up code: Caltech

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**7:45 am - 8:15 am**
- Check In
- Breakfast Buffet

**8:30 am - 9:30 am**
- Keynote Speaker

**11:00 am - 2:00 pm**
- Bonsai Demonstration
- Origami Workshop

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**Avery Conf. Room**
- Knitting & Crocheting Circle

**Avery Dining Hall**
- Wellness Classes
- Registration

**Avery Library**
- Massage Station

**Makeup Station**

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Kaiser Vehicle next to 370 S. Holliston Avenue (parking structure 4)