

# UVM's Care of the Care Provider: Cultivating Inner Sustainability Retreat 2024 Schedule

DAY	TIME	TITLE/DESCRIPTION	PRESENTERS	LOCATION
<b>WEDNESDAY JULY 17</b>	2:30 pm-3:00 pm	Arrival and Register		UVM Campus
	3:00 pm-4:00 pm	Kirtan Song & Welcome	Frances Pope & Kim Nolan,	UVM Campus
	4:00 pm-5:00 pm	Keynote/Group Expectations	Frances Pope & Kim Nolan	UVM Campus
	5:00 pm-7:00 pm	Community Building/Dinner	Frances Pope, & Kim Nolan (This dinner will be catered)	UVM Campus
DAY	TIME	TITLE/DESCRIPTION	PRESENTERS	ROOM
<b>THURSDAY JULY 18</b>	8:30 am-9:15 am	Welcome and Refreshments		Osher Center
	9:15 am-10:30 am	Comprehensive Pain Management, & Alternative Healing for Self	Jon Porter & Cara Feldman-Hunt	Osher Center
	10:30 am-11:00 am	Break		
	11:00 am-2:00 pm	Wellness for the Doula	Holistic Health Practitioners	Osher Center
	11:00 am-2:00 pm	Food as Nurturance	Leah Pryor	Osher Center
	2:00 pm-2:15 pm	Break		
	2:30 pm-3:45 pm	New Frontiers for the Care Provider	Bob Gramling	UVM Campus
	3:45 pm-4:00 pm	Break		
	4:15 pm-5:30 pm	Wrap-up Speech and Closing	Frances Pope & Kim Nolan	UVM Campus
6:00 pm-9:00 pm	Optional: Burlington Dinner Fun			

## More information about the presenters:

**Frances Pope**, LPCC, LPC/S, LCMHC, EoLD, End of Life Doula, Programs Lead, University of Vermont

**Kim Nolan**, Ph.D. M.Ed., Buddhist Chaplain, Sustainable Innovation-MBA, Program Director, University of Vermont, Contemplative Activist

**Jon Porter**, MD, Medical Director, Division Chief, Comprehensive Pain Program, University of Vermont Medical Center, Director, Osher Center for Integrative Health, University of Vermont

**Cara Feldman-Hunt** M.A., FMCHC, NBC-HWC, Associate Director, Osher Center For Integrative Health

**Leah Pryor**, Executive Chef, Executive Chef Manager and Co-Founder of the Culinary Medicine Program

**Bob Gramling**, M.D., D.Sc., Holly & Bob Miller Chair in Palliative Medicine, Professor of Family Medicine, University of Vermont



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