Plymouth State University

3rd Annual PSU Healthy Living Symposium

Connect • Collaborate • Create

Wednesday, October 9, 2019 • Plymouth State University • Merrill Place Conference Center
14 Merrill Street • 7:30 a.m. – 1:00 p.m.

We invite everyone to come learn, be inspired and connect with Plymouth State and community partners making a positive difference in New Hampshire and beyond. Creating healthier communities depends on all of us. Building collaborative systems can be transformative to our health, wellness and quality of life. Understanding the linkages between social determinants of health, what we eat, how we move and how we act is vital. Applying healthy lifestyle practices from agriculture to technology is a big part of the solution to our food, climate, chronic disease and healthcare crisis.

The Symposium is open to all faculty, staff, students and community members and is sponsored by our Healthy PSU campaign at no cost. Register by October 2, 2019: **https://bit.ly/2kkpf4w**

Agenda

7:30 - 8:00	**Registration/Networking/Refreshments**
8:00 - 8:30	**Opening Remarks** **Promoting Health from Classroom to Community: Healthy Campus 2020** *Denise Normandin*
8:30 - 9:00	**Social Determinants of Health: Sharing Perspectives of the North Country** *Suzanne Gaulocher*
9:00 - 9:30	**Be the Change: Cultivate a Climate of Change from the Inside Out** – *Gina McGuire*
9:30 - 10:30	**Sustainable Solutions in NH Agriculture: Benefits of Tradition and Technology** • Sherman Farm, Carroll County – *Michele Dutton* • Longview Farm, Grafton County – *Regina Rinaldo* • lēf Farms, Merrimack County – *Don Grandmaison*
10:30 - 10:50	**Panel Discussion/Q & A** – *Moderated by Barbara McCahan*
10:50 - 11:00	*Movement Break*
11:00 - 11:20	**Innovations for Reducing Global Food Waste** – *Rick Hassler & RJ Hassler*
11:20 - 11:50	**Impact of Applied Nutrition and Healthy Living Around the Globe** *PSU Students*
11:50 - 12:00	**Closing Remarks**
12:00 - 12:30	**Fall Harvest: A taste of fresh, locally-sourced, whole, plant-based foods*** **Sponsored by: Healthy PSU and A Taste of Lifestyle Medicine Grant from the American College of Lifestyle Medicine*
12:30 - 1:00	**Making Connections: Campus Walk or Forest Bathing** *led by PSU Outdoor Center*