

SISTERS in Sobriety

5th Annual WEEKEND CONFERENCE AGENDA

FRIDAY, OCTOBER 13, 2023 ~ REGISTRATION 3 PM – 8 PM

WHEN?	WHAT?	WHERE?	WHO?	TOPIC
3:00 PM - 5:30 PM	Meet and Greet	Hospitality Room	Open	<i>Coffee, B.S. & Pizza</i>
5:30 PM - 6:20 PM	Topic Speaker	SIS Room 1	Britt M.	<i>Being Of Service</i>
6:30 PM - 7:20 PM	Topic Speaker	SIS Room 2	Keri M.	<i>Miracle Mama's</i>
	Spiritual Healing	Foundation Room	Brenda K.	<i>Reiki For Recovery</i>
7:45 PM - 8:00 PM	Friday Night Welcome	Bourbon Room	SIS Co-Chairs	<i>Let's Get Amped Up!</i>
8:00 PM - 9:00 PM	Opening Speaker	Bourbon Room	Jessica Mc.	
9:30 PM - 10:30 PM	Entertainment	Bourbon Room	Michelle T.	<i>Comedian</i>

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SATURDAY, OCTOBER 14, 2023  REGISTRATION 8 AM – 8 PM

WHEN?	WHAT?	WHERE?	WHO?	TOPIC
7:00 AM - 8:00 AM	Drop the Rock Walk	Volunteer Table	Mary R.	Continued From Friday Rock Painting Activity
7:30 AM - 8:20 AM	Topic Meeting	SIS Room 1	Gina M.	What it Was Like, What Happened, What it's Like Now
	Spiritual Healing	Foundation Room	Carol K.	Kriya Yoga
8:30 AM - 9:20 AM	Topic Meeting	SIS Room 2	Delori S.	Sisterhood/Female Relationships
	Spiritual Healing	Foundation Room	Brenda K.	Unlock Your Inner Goddess to Live Your Full Potential
9:30 AM - 10:20 AM	Topic Meeting	SIS Room 1	Rachel H.	Diversity, Equity, and Inclusion
	Spiritual Healing	Foundation Room	Gina F.	Good Morning Gorgeous Buti Yoga
	Open Share	Beach	Open	Gratitude Beach Meeting
10:30 AM - 11:20 AM	Main Speaker	Bourbon Room	Tatiana W.	
	Spiritual Healing	Foundation Room	Cindy M.	Yoga Kendra
1:00 PM - 1:50 PM	Panel Meeting	Bourbon Room	Libby H., Jen R., Suzie C., Lori B.	OG Panel
	Spiritual Healing	Foundation Room	Robin M.	Breathworks
2:00 PM - 2:50 PM	Topic Meeting	SIS Room 1	Linda K.	Reclaiming Your Self Worth
	Topic Meeting	SIS Room 2	Kate W.	Stresses and Struggles Sober Motherhood
	Spiritual Healing	Foundation Room	Lafutima J.	Power Yoga
3:00 PM - 3:50 PM	Panel Meeting	Bourbon Room	Rhoda S., Nikki K., Marcel E., Teresa P.	Gotta Have Faith Panel
	Spiritual Healing	Foundation Room	Alexa H.	Yoga
	Narcan Training	Hospitality Room	Kelli G.	Narcan Training
4:00 PM - 4:50 PM	Topic Meeting	SIS Room 1	Lorena L.	Experience Strength Hope
	Topic Meeting	SIS Room 2	Vicki L.	Who Knew I Would Want Women in My Life?
7:45 PM - 9:00 PM	Saturday Night Speaker	Bourbon Room	Lori L.	
9:00 PM - 9:30 PM	Sobriety Countdown	Bourbon Room	SIS Co-Chairs	Let's Count Those Days!
9:30 PM - 11:00 PM	Entertainment	Hospitality Room	Mary R.	BINGO! 50 max \$10 per Person to Enter

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SUNDAY, OCTOBER 15, 2023

WHEN?	WHAT?	WHERE?	WHO?	TOPIC
7:40 AM - 8:30 AM	Topic Meeting	SIS Room 1	Janelle E.	<i>Gutters to Glory</i>
	Spiritual Healing	Foundation Room	Carol K.	<i>Kriya Yoga</i>
8:40 AM - 9:30 AM	Spiritual Healing	Foundation Room	Robin	<i>Breath Work</i>
	Open Share	Beach	Open	<i>Gratitude Beach Meeting</i>
10:00 AM -11:00 AM	Closing Speaker	Bourbon Room	Pam V.	

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ACTIVITIES SCHEDULE

DAY	WHEN?	WHAT?	WHERE?	WHO?	TOPIC
Fri/Sat	Open Activity	Joy Jars	Activity Area	<i>Nikki K.</i>	Glitter & Magic
Friday	5:00 PM - 8:00 PM	Rock Painting	Activity Area	<i>Mary R.</i>	Rock Painting
Saturday	10:30 AM - 11:30 AM	Painting with a SIS	Activity Area	<i>Nikki K.</i>	Dandelion in Color
Saturday	4:00 PM - 6:00 PM	360 Spin	Conference floor		
Saturday	5:30 PM - 7:30 PM	10 Min Massage	Foundation Room		\$10 (Cash only)
Saturday	6:00 PM - 7:00 PM	Painting with a SIS	Activity Area	<i>Nikki K</i>	Dandelion B&W
Saturday		Spiritual Healing	Conference floor	<i>Brenda K./Cindy M.</i>	Reiki
Saturday		Spiritual Healing	Conference floor	<i>Gina F.</i>	Balancing Energy

Foundation Room offerings are 30 people max. Please bring towel or yoga mat.