



## Virtual Kickoff: October 6, 2021

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**12 p.m. - 12:05 p.m.** | Welcome and Introductions

**12:05 p.m. - 12:25 p.m.** | How to Build Healthy Habits Using One Simple Ingredient: Awareness featuring Dr. Judson Brewer, MD, PhD

- Be inspired to create healthy habits and learn how to set your own **SMART** Goals.
- Dr. Brewer is a psychiatrist at Brown University with expertise in the field of mindfulness and habit change.

**12:25 p.m. - 12:50 p.m.** | Intro to the 2021 Rhode to Wellness Challenge presented by Katlynn Ferreira Kisla, MS, RD

**12:50 p.m. - 1 p.m.** | Closing Remarks

