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**Sunday, Jan. 3**  
   
**9-10:15a**      Registration  
  
**10:15-10:30a**   Welcome: Tzvi Werther & Rabbi Henry Harris Main  
  
**10:30-11:15a**   The Spiritual Nature of the Principles - Dr. Dicken Bettinger Main

**11:15-11:45a**    Break  
  
**11:45-12:45p** Breakouts: What are the 3 Principles of Innate Health?  
  
 A) Aviva Barnett & Rivka Kromholz Main  
 B) Rabbi Mark Spiro & Tzvi Werther Clinton  
 C) Dr. Keith Blevens BoardRm

D) Melissa Cohen & Natasha Swerdloff Cresskill  
  
**12:45-2:15p**   Lunch (Conference Kashrut by *KAJ*, Meat by *Nirbater*) Plaza  
  
**2:15-3:00p**      Never Broken, Nothing Lacking: A Psychiatrist Sees Health, Not Illness

Dr. Bill Pettit, MD (live video) Main

**3-3:30p**         Break (Mincha in BoardRm)

**3:30-4:30p**      Breakouts

A) How a Quiet Mind Serves a Busy Home - Aviva Barnett Main

B) Clarity in Business: The Power of a Responsive State of Mind - Dr. Hurwitt Clinton

C) The Simplicity of the Principles - Dr. Keith Blevens BoardRm

D) Counseling: What Is Grounding & How Does It Help? Dr. Dicken Bettinger Cresskill

**4:30-5p**          Meet the Speakers

**Monday, Jan. 4**  
  
**9-9:30a**         Registration

**9-9:45a**         Q & A about the Principles – Rabbi Shaul Rosenblatt & Dicken Bettinger Main  
  
**10-11a**           An Easier Experience of Marriage, Shaul & Chana Rosenblatt Main

OR The Principles, Judaism, & Twerski Wellness, Tzvi Werther BoardRm

**11-11:30a**        Break

**11:30-12:30p**  Breakouts           
  
 A) Beginners: What Are the Three Principles? Part II - R. Henry Harris Main

B) I’m Not Getting It; Now What? Tzvi Werther Clinton  
C) The Simplicity of Relationships, Rivkah Kromholz BoardRm

D) Counseling: They’re Already Healthy - Dr. Keith Blevens Cresskill

**12:30-2:15p**   Lunch Plaza  
  
**2:20-3:15p**  Making Room for the Spiritual in Everyday Living - Dr. Annika Hurwitt Main

OR A Gentle Look at Free Will - Rabbi Henry Harris BoardRm

**3:15-3:45p**  Break (Mincha in BoardRm)

**3:45-4:45p**   Breakouts

A) Parenting: How Controlling Should Parents Be? - The Rosenblatts Main

B) Listening: Are You Hearing Them, or Your Thinking? Melissa Cohen Clinton

C) Coming Home - Dicken Bettinger & Natasha Swerdloff BoardRm

D) Thoughts Are Like Waves: Don’t Control, Surf - Aviva Barnett Cresskill

**4:45-5p**      Meet the Speakers

**Tuesday, Jan. 5**  
  
**9-9:30a**          Registration

**9-9:45a**          Q & A about the Principles - Rabbi Shaul Rosenblatt & Dicken Bettinger Main  
  
**10-11:00a**     What I’ve Seen in 30 Years Plus: Why People Get Helped - Dr. Keith Blevens Main  
  
**11-11:30a**        Break  
 **11:30-12:30p** Breakouts           
  
 A) Teach/Counsel: Becoming a Principle-Based Practitioner - Rivkah Kromholz Main   
 B) The Ripple Effect of Innate Health in a Community - Sara Hoffman Clinton  
 C) Faith: Allowing Wisdom to Have Its Way with You - Dicken Bettinger BoardRm

D) Prayer: How My Understanding Has Helped - Rabbi Shaul Rosenblatt Cresskill

**12:30-2:00p**     Lunch Plaza  
  
**2-3:00p**            Am I Making Progress? Dr. George Pransky (live video) Main

**3-3:30p** Break (Mincha in BoardRm)

**3:30-4:15**p Breakouts

1. Teach/Counsel: Model Client Session - Dicken Bettinger Main
2. Forgiveness - Chana Rosenblatt Clinton
3. The Gift of Uncertainty: The 3P’s, Creativity and Growth - R. Mark Spiro BoardRm
4. How To Be of Help To Someone You Love (Who’s Struggling)

Rabbi Rosenblatt Cresskill

**4:30-5p**  Vision for the Future - Tzvi Werther & R. Henry Harris Main