

# **Thriving Through Action**

## **Utah Council of the Blind**

### **State Training Conference**

November 1-2, 2024  
Davis Conference Center  
1651 N 700 W  
Layton UT 84041

## **A G E N D A**

### **Friday November 1<sup>st</sup>**

8:00 am Registration

9:00 am Welcome

9:30 am Ascending Anthropologist Jason Savanahrath presentation

10:00 am Break

10:15 am Thriving Through Movement, a Becky Andrews presentation

11:00 am Rise and Thrive, a presentation by rock climber Seneida Biendarra

12:00 pm Lunch

1:00 pm Cooking Up Success by culinary artist Regina Mitchell

2:00 pm Thriving One Page at A Time by author Macy Lewis

3:00 pm Break

3:15 pm Leveling Up in Life with accessible gamer Juanita Gentry

4:00 pm Thriving Through Sonic Serenity a guide to sound meditation

8:00-10:00 pm Ice cream social and open mic night

## **Saturday November 2<sup>nd</sup>**

9:00 am Welcome

9:10 am Kung fu demonstration by Jason Savanahrath and master Chris

10:00 am Cooking demonstration by Regina Mitchell

11:00 am Creative writing class by Macy Lewis

12:00 pm Lunch

1:00 pm Biking, running and walking demonstration by Becky Andrews  
and Ogden Valley adaptive sports

2:00 pm Rock climbing demonstration and challenge

2:30 pm Accessible gaming experience by Juanita Gentry

3:30 pm Sound Bath opportunity by Jennifer Thompson

5:00 pm Formal banquet