



B.R.A.I.N. Conference

Hope: Lift Ourselves, Lift Each Other

Tuesday, April 5, 2022

8:30am-3:15pm

Virtual Platform

Agenda

8:00 Virtual Waiting Room Open	12:00-12:45 Mark Gideonsen, MD
8:15 Opening Conference Address	<i>Happy Hour-Reflections on Healthy Alcohol Use</i>
8:30-9:45 Keynote-B.J. Hollars, Author <i>Hope Is The Thing: Wisconsinites on Perseverance in a Pandemic</i>	12:45-2:00 Stephanie Hintz, MSW
9:45-10:00 B.R.A.I.N. Break	<i>Practicing the Pause</i>
10:00-11:15 Sadie Bygd, REALiving, Inc. <i>Your Energy Story</i>	2:00-2:15 B.R.A.I.N. Break
11:15-11:30 B.R.A.I.N. Break	2:15-3:00 Yia Lor, APSW; Roy Sargeant, MA, MBA; and Jennifer Eddy, MD
11:30-12:00 Lunch Break	<i>More Positive In Your Days Eau Claire County's Triple P Initiative</i>
	3:00-3:15 Conference Wrap Up

Registration

Register through Eventbrite

<https://tinyurl.com/2022BRAINConference>

Conference Fee: \$50.00 Register by March 29, 2022
(No refunds for cancellations)

Limited financial assistance is available. Contact lisa.ausman@gmail.com.



About the 2022 B.R.A.I.N. Conference

B.J. Hollars is the founder and executive director of the [Chippewa Valley Writers Guild](#) and the [Midwest Artist Academy](#), a regular columnist for [The Leader-Telegram](#), and an associate professor of English at the [University of Wisconsin-Eau Claire](#). He is the author of many books-most recently [Go West Young Man: a Father and Son Rediscover America on the Oregon Trail](#)- and editor of [Hope Is The Thing: Wisconsinites on Perseverance in a Pandemic](#).

Sadie Bygd is a REALiving Consultant, Director of Coaching Services, Account Champion, Time and Organizational Guru, and Intrinsic Coach who leads the team of REALiving coaches and is a coach herself, who combines her skill sets to help you achieve your BEST in the workplace. Sadie is a frequent writer of “Your Organized BEST” articles in the REALiving Magazine. She always has great tips to share!

Stephanie Hintz MSW is a Human Development and Relationships Educator with the University of Wisconsin-Madison Division of Extension. She serves Dunn County. Stephanie’s academic and professional background is in social work and social research. Stephanie facilitates a weekly community of practice called Practicing the Pause. More information can be found [here](#). Outside of her work, she has been a yoga and meditation teacher for the last eight years.

Jennifer Eddy MD is a family physician who is the director of the Family Resource Center where she is encouraged every day by the hard work and resilience of families and staff.

Mark Gideonsen MD has been seeing patients in Augusta, WI for the past 20 years and teaches at the Prevea Family Medicine residency program. Prior to coming to Wisconsin, he co-directed a medical fellowship in Maternal Fetal Medicine in Chicago, IL.

Roy Sargeant MA, MBA, served for over 12 years as the Director of Eau Claire County Department of Human Services, where he oversaw a \$1.2 million grant to develop treatment courts in our community. Originally from London, England, he has been involved in providing or overseeing mental health services in Northern Wales, and the states of Idaho, Washington, Minnesota and Wisconsin. He currently serves as Grant Manager for Eau Claire’s Triple P initiative.

Yia Lor APSW is a Human Development and Relationships Educator with the University of Wisconsin-Madison Division of Extension. She serves Eau Claire County. She is also the co-chair of the Triple P Leadership Team and offers parenting seminars across the county and state.



About the Eau Claire B.R.A.I.N. Team

The **Brain Research Awareness Integration Network** is comprised of professionals who are interested in children and their future. The mission is to promote optimal development of all children by integrating current brain research into education, child care, parenting, prevention and intervention programs in Eau Claire County.