inspiHER Gallia

SCHEDULE

March 18th ~ University of Rio Grande

8:30AM Meet & Greet with Mentor

8:50AM Opening Ceremony

9:30AM Strong Body, Calm Mind

10:15AM Breakout Sessions

- **5th: I AM**
- **6th: To Fail or Fly?**
- **7th: Only YOU can be YOU**
- **8th: Leaning in to Leadership**

11:10AM Healthy Eating Habits

11:45AM LUNCH

12:20PM Why Not Me?

1:00PM Concurrent Sessions:

- **5th/6th - Attitude of Gratitude**
- **7th/8th - Basics of Self-Defense**

2:00PM 5th/6th Concurrent Sessions:

- **5th/6th - Basics of Self-Defense**
- **7th/8th - Attitude of Gratitude**

3:00PM Closing Ceremony

3:30PM Pick Up Time

Add a subheading