



## Impact Conference 2016 - **Stronger Than You Think**

Pleasant Hill High School – 4/20/16

---

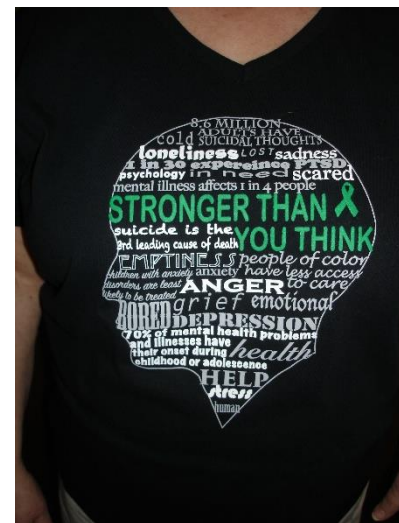
**Eugene Veg Education Network (EVEN)**, one of the conference participants, will make three (3) one-hour presentations showing how a whole-food, plant-based diet is a powerful way to help combat the issues important to students and that most definitely can make you (or *anyone*) 'stronger than you think.'



### HEALTHY BODY, HEALTHY MIND:

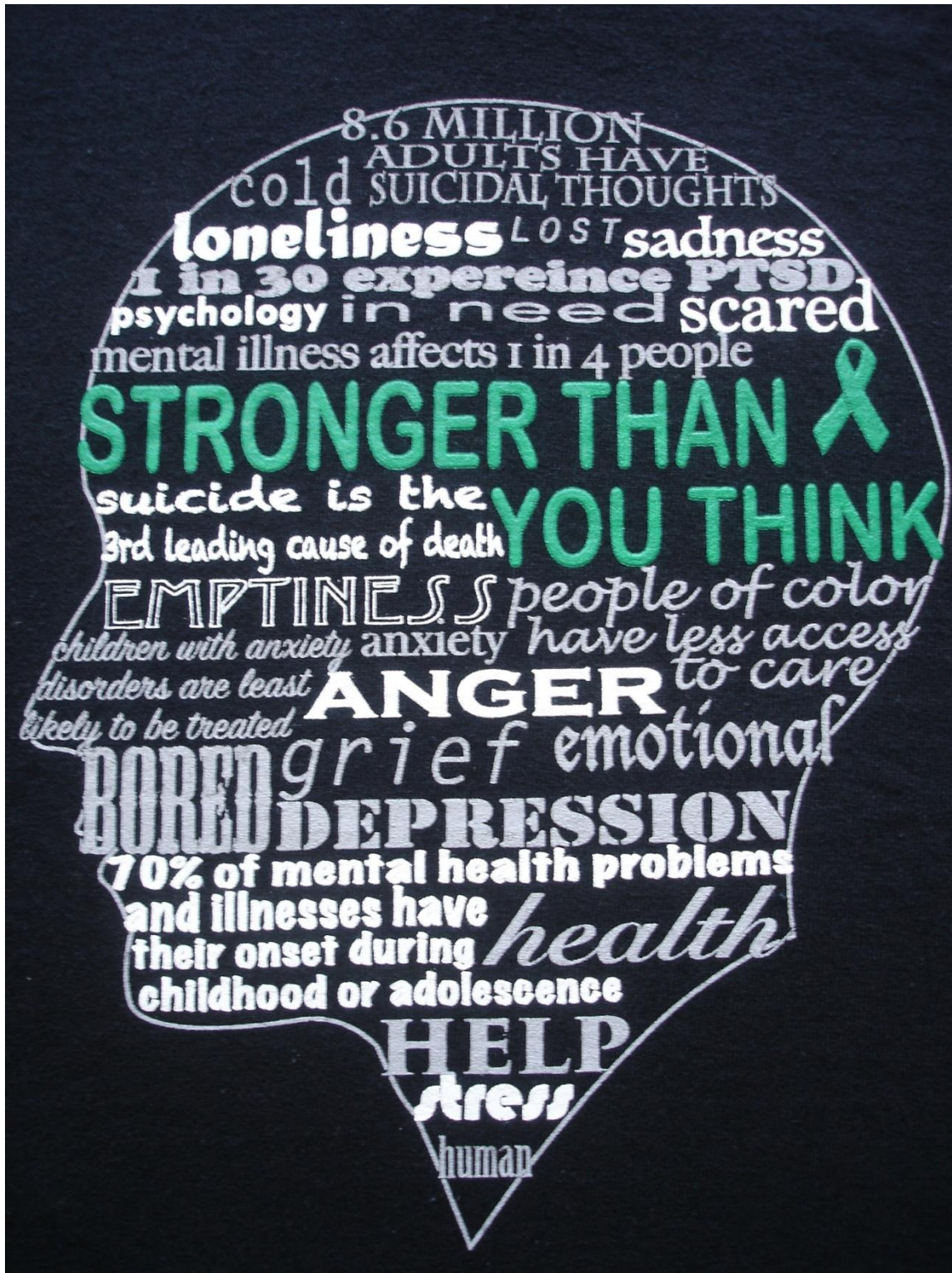
#### IT'S ALL INTERCONNECTED

Description: Learn how intricately connected the body and mind are and how many of our daily decisions (like food choices, exercise, sleep, stress and others) that effect the body will impact the mind as well. The good news is that we control them because we can choose. Discover and explore the amazing power of a plant-based diet.



#### Schedule:

- >> 11:00-11:30 - Presenters arrive for a meet & greet and lunch, catered by Sundance Natural Foods
- >> 11:30-11:55 - Presenters and student aides set up classrooms.
- >> **12:00-12:55 - Workshop Session #1**
- >> 12:55-1:00 - Passing Period
- >> **1:00-1:55 - Workshop Session #2**
- >> 1:55-2:00 - Passing Period
- >> **2:00-2:55 - Workshop Session #3**
- >> 2:55-3:10 - Conference Evaluations for Students



Pleasant Hill High School Impact Conference t-shirt highlighting what PHHS students said were the important issues with which they were dealing.