

# #HHH RETREAT

2018 RETREAT  
ITINERARY

## CONTACT

HEYGIRL@DOFRESHWORK.COM

## WEEKEND HASHTAG

 #HHHRETREAT

## WELCOME TO NASHVILLE!

 #HHHRETREAT SNAPSHOT

**FRIDAY | 5:00 PM - 7:00 PM**

**Happy Hour Meet & Greet**

Wellspire Center  
907 Gleaves Street  
Nashville, TN 37203

**SATURDAY | 7:00 AM - 5:00 PM**

**Speaker Sessions + Panel**

Wellspire Center  
907 Gleaves Street  
Nashville, TN 37203

**SUNDAY | 7:30 AM or 8:30 AM**

**Morning Yoga (Optional)**

Inner Light Yoga Nashville  
2227 10th Avenue South  
Nashville, TN 37204

**SUNDAY | 10:00 AM - 1:00 PM**

**Brunch + Q&A + Speaker Session**

Wellspire Center  
907 Gleaves Street  
Nashville, TN 37203



### LOCATION

Wellspire Center  
907 Gleaves Street  
Nashville, TN 37203

**5:00 PM - 5:30 PM | Check-in**

**5:30 PM - 6:00 PM | Opening Conversation with Amanda & Ander**

We'll kick off the 2018 Retreat with an opening session with Amanda & Ander! During this time, Amanda & Ander will recap the previous five years of retreats, highlighting seminal moments and sharing the behind the scenes stories that contributed to the evolution of Fresh Work and their current mission to expand the definition of wellness to encompass whole-person, authentic health.

**6:00 PM - 7:00 PM | Happy Hour Meet & Greet**

Eat, drink, connect with new friends, and meet with your community group! Community groups are small groups with shared interests that meet up throughout the weekend to discuss and debrief retreat sessions. All attendees will be emailed in April to sign up for their community group of choice.

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**SATURDAY**

**Speaker Sessions + Panel Discussion**

**LOCATION**

Wellspire Center  
907 Gleaves Street  
Nashville, TN 37203

**7:00 AM -8:00 AM | Breakfast & Coffee Bar**

Start your Saturday right with breakfast and coffee! We'll enjoy a delicious meal together and caffeinate up for an incredible day of learning, growing, and memory making!

**8:00 AM - 9:00 AM | Session 1: Reclaiming Wellness with Ander Wilson**

True health is supposed to be about more than just eating and exercising. It's supposed to be about trusting your body, self-care, and if you're on Instagram—cute girls in bubble baths with too-perfectly-messy-to-be-real top knots, smoothie bowls (why can't I use a straw!?), expensive cycle classes, and all the activewear. While each of these things can have their place in a healthy and fulfilling life, we're over here wondering, This can't be the point though, right? In this session, Ander Wilson takes a look at how we define wellness and how we might expand the concept to include the latest evidence-based information on what actually makes health.

**9:00 AM - 9:30 AM | Break**

**9:30 AM - 10:30 AM | Session 2: Normalizing Our Discontent: Lessons from the History of "Wellness" with Emily Contois**

In 1984, psychologist Judith Rodin coined the term "normative discontent" to describe the widespread and all-to-common nature of women's dissatisfaction with our bodies. Diet culture is an undeniable source of messages that promote normative discontent, but wellness culture can communicate them too. In this talk, we'll explore the historical origins of ideas and concepts about health, food, and our bodies that we often accept as "normal" and that have come to be normative in American culture. We'll examine sources like dietary advice, medical literature, media, and popular culture to unpack the messages that they impart—as well as how to historicize, interpret, critique, and resist them.

**10:30 AM - 11:00 AM | Break**

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### 11:00 AM - 12:00 PM | Session 3: Body Image Panel

Listen in as four dynamic women have a frank conversation about their own body image journeys, when and why body image became a proxy for health, and whether mainstream media body image campaigns are groundbreaking, benign, or faux-activism that comes at a cost to larger movements. Moderated by Ander Wilson.

- **Panelists:** *Melissa Fabello, Krystal Clark, DiDi DuBose, and Mary Hyatt*
- **Moderator:** *Ander Wilson*

### 12:00 PM - 1:00 PM | Lunch with Golden Roots Nashville

Enjoy a delicious meal with your community group, provided by Golden Roots Nashville. Use this time to debrief the sessions, ask questions of your community group leader and fellow members, and just relax and have a good time!

### 1:00 PM - 2:00 PM | Session 4: Establishing Healthy Boundaries & Honoring Your Authentic Self with Dr. Teri Pugh

In this interactive workshop, Dr. Teri Pugh will help you learn to check in and clarify the narrative you're allowing to run on a loop in your head. You'll explore the foundation of healthy boundaries, learn why they are important, and embrace the truth that while setting boundaries may feel prickly in the moment, leaning into the uncomfortableness in that brief moment is far better than the alternative of cultivating personal resentment and regret that can last days, weeks, months, even years. When we honor our authentic selves by setting boundaries and speaking truth with integrity, we can support our dreams and goals and allow us to feel safe within ourselves again.

### 2:00 PM - 2:30 PM | Break

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**2:30 PM - 3:30 PM | Session 5: Is Wellness Culture Just Diet Culture In Disguise? with Melissa A. Fabello**

Wellness, at its core, is a harmonious experience and a beautiful pursuit. Taking care of yourself – in mind, body, and spirit – is necessary in a hectic world that constantly tells us that we’re undeserving of self-love. But take a closer look into the ubiquitous marketing around health and wellness, and what you find may surprise you: It’s the same old “Lose weight, feel great” that we’re trying to get away from, just blended into a kale smoothie. Brilliant advertising moguls and Instagrammable wellness gurus alike are purposely creating new language around beauty standards to get you to buy in – and we need to wise up. Through the lens of deconstructing our society’s harmful value of healthism, this presentation will guide you through peeling back the layers of how wellness is sold to us. Wellness should be a nourishing, empowering experience – so let’s talk about how to take back our autonomy and take care of ourselves.

**3:30 PM - 4:00 PM | Break**

**4:00 PM - 5:00 PM | Session 6 (KEYNOTE): Showing Up For Your Life with Krystal Clark**

It’s time to take everything you’ve learned this weekend and transform it from theory to practice. Here’s the final and imperative question, “Are you sitting in the front row of your life?” During this talk, let’s explore and develop a personalized understanding of how you can realistically and effectively show up, show out, and leave while the audience is still applauding. You’ve got a big life to live! Join me in the front row and let’s get started.

**5:00 PM - 5:30 PM | Closing Remarks**

*Have a blast in our favorite city!  
We’ll see you in the morning for yoga + brunch!*

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## SUNDAY MORNING YOGA

### LOCATION

**7:30 AM - 8:15 AM | Yoga Session 1**  
**8:30 AM - 9:15 AM | Yoga Session 2**

Inner Light Yoga Nashville  
2227 10th Avenue South

Move your body, fill your heart, and clear your mind with Nashville's only music-based yoga studio, Inner Light Yoga Nashville! In April, you'll receive an email to sign up for the time slot of your choice. Class times are first come, first served, and yoga mats are provided. No expertise needed, just a desire for movement!



## SUNDAY BRUNCH + FINAL SESSIONS

### LOCATION

Wellspire Center  
907 Gleaves Street

### 10:00 AM - 11:00 AM | Brunch

Come on in for post-yoga Sunday Brunch! We'll share a delicious meal together and settle in for the final day of the retreat!

### 10:30 AM - 11:00 AM | Real Talk: Two Candid Personal Interviews with Amanda & Ander

Amanda and Ander interview each other about their two separate stories that carry the common (and brutal) theme, When Life Hurls A Massive Storm At You. They'll share how they survived the uncertainty in their hardest times, and what their new normal looks like today. This session isn't a neat presentation of points and take home messages. Instead, it's a raw, unfiltered look into two deeply personal stories, shared in hopes of offering encouragement and the message that every story has value and wisdom to be witnessed.

### 11:00 AM - 11:15 AM | BREAK

### 11:15 AM - 12:00 PM | Pursuing You with Carol Jones

As women, it feels like we are always in pursuit of our purpose, that illusive something that will finally reveal who we are supposed to be. We measure our progress by comparing ourselves to someone else's self-care, someone else's happiness, someone else's goals. But there is a much better way to discover and pursue the you that you were meant to be.

### 12:00 PM - 1:00 PM | Community Group + Closing Remarks

*Amanda & Ander*

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