



## Creating a Culture of Wellness in Healthcare Settings

Lied Lodge & Conference Center | Nebraska City, Nebraska

### Schedule of Family Activities

#### May 17 and 18

##### **Golfing**

Conference participants interested in arranging time for golf before or after the conference may golf at Wildwood Golf Course on Friday, May 17, or Saturday, May 18. The ArborLinks private golf course is closed on Friday, May 17, for a tournament, but is open on Saturday, May 18 after 1:30 p.m. The Wildwood Golf Course has nine relaxing holes on Nebraska City's oldest golf course amid some of the city's most beautiful trees and fairways. It is conveniently located less than one mile from the Lied Lodge and Conference Center. For information, please see [www.golfnebraskacity.com](http://www.golfnebraskacity.com) or call 402-873-3361.

Conference participants registered for guest rooms at the Lied Lodge have access on Saturday after 1:30 p.m. to the ArborLinks private golf course, an 18 hole championship course designed by Arnold Palmer. Information on the course can be found at [www.arborlinks.com](http://www.arborlinks.com). Questions can be directed to ArborLinks at 866-272-7453 or the Lied Lodge at 800-546-5433. Have your Lied Lodge room confirmation number when calling to book a tee time.

Participants at either course are responsible for their own fees and arrangements.

##### **Swimming**

Guests staying at the Lied Lodge have access to the Olympic-sized indoor pool. Take a relaxing soak in the Jacuzzi or steam away stress in the red cedar sauna. Young swimmers will appreciate the separate baby pool, just 18" deep. The pool is open daily from 6:30 a.m. to 11 p.m., and is reserved exclusively for Lied Lodge guests.

#### Friday, May 17

##### **Wine Tasting**

From **5:00-7:00 p.m.** persons age 21 and over may taste the red, white, and fruit wines of Arbor Day Farm in the relaxing timbered atmosphere of the Lied Lodge lobby for \$5 for four tastes. The wine glass is yours to keep.

##### **Yoga and Tai Chi**

From **8:00 to 9:00 p.m.** conference participants and family members are invited to participate in yoga and Tai Chi sessions taught by Omaha Integrative Care in the West Assembly Room in the Lower Level.

##### **Board Games**

Family members may also check out games at the Lied Lodge Front Desk.

## Saturday, May 18

### **Adventure Challenge**

From **6:30-7:15 a.m.**, conference participants and family members are invited to participate with the University of Nebraska-Lincoln Wellness Program in the *All Before 8 a.m. Adventure Challenge* starting at the Hazelnut Lawn behind the Lied Lodge. The challenge is complete with personalized exercises for participants of all ages, strengths, and ability levels; this outdoor adventure will combine walking/running with other fitness components such as balance, flexibility, strength, and agility, including Tai Chi.

### **Massages – Parlor Room #314**

Omaha Integrative Care is providing free massages for conference participants and family members, with sign-up priority for those who participate in the Adventure Challenge. Massage appointments will be made for times between **9:30 and 3 p.m. on Saturday**. **Sign up in advance at the conference registration desk.** Massage therapists are:

- Colleen Brown, LMT, RYT, Reiki Master. Colleen is a Licensed Massage Therapist and certified Reiki Master. She is also a certified Karuna and Rahanni Master specializing in fertility enhancing and pregnancy massage. She is certified in the **Fertility Enhancing Massage (FEM)** protocol through Pulling Down the Moon. Additionally, Colleen has extensive training in Reflexology, Pregnancy and Raindrop Therapy, as well as Myofascial Release. Colleen helps clients find healing by helping to revitalize the body, mind and spirit through the practice of massage, yoga and energy work. Colleen is also a registered yoga teacher. 
- Liz Dolejs, LMT. Liz Dolejs received her training from the New Mexico Academy of Healing Arts in Santa Fe, New Mexico. She has training in Swedish massage, deep tissue, ortho-bionomy, pregnancy massage, comfort touch with a focus on subtle energy techniques. She also incorporates elements of shiatsu, traeger work, aroma therapy and myofascial release. She has studied cranial sacral therapy in Boulder, Colorado. Her way of working is to be gently present with the individual while interfacing with the nervous system. This invites stillness of the mind in order to make room for the body to tell its story. Liz is also trained in **Pulling Down the Moon's Fertility Enhancing Massage Protocol**. 

### **Yoga Class**

A yoga session will be held by Omaha Integrative Care from **8:00 to 9:00 a.m.** in the Terrace Room.

The instructor is Teri Beste, RYT. Teri has been bringing energy to others and teaching exercise for almost ten years. She completed her 200 RYT with Susi Amendola at Omaha Yoga & Bodywork Center. Teri's classes give her students the tools to deal with everyday life by being present, breathing fully, and taking time to be still. Teri is also trained in **Pulling Down the Moon's Yoga for Fertility**. Teri is also Omaha Integrative Care's Integrative Coordinator. 

### **Family Zumba**

A Family Zumba session will be held by the YMCA from **9:15-10:15 a.m.** in the Terrace Room.

The instructor is Karin Haselhorst, a certified Zumba, Zumba Toning, and Aqua Zumba Instructor with the Sarpy YMCA. Karin enjoys helping people get active and regain their health. Zumba allows you to get a great workout without feeling as though you're working out.



### **Tai Chi**

A Tai Chi session will be held by Omaha Integrative Care from **10:30-11:45 a.m.** in the Terrace Room.



The instructor is Mark Kremen, M.D. Dr. Kremen is Board certified (ABPN) in Adult Psychiatry. He has over 30 years' experience in psychiatric medicine, psychopharmacology, and psychotherapy. He believes that the integration of psychological, biological, and holistic approaches is of essential importance. Dr. Kremen provides caring Psychiatric and Psychotherapeutic treatment to adults with a range of life problems and Psychiatric conditions. He also collaborates on the care of people seeing other providers. He is experienced in providing consultation and support to Primary Care Physicians and other Medical Providers.

For over 40 years Dr. Kremen has made the practice of Tai Chi Ch'uan and Qi Gong an integral part of his self care. He has recently added Liu He Ba Fa (known also as Water Boxing Practice) to this set of holistic health practices. He has long recognized the importance of the body and mind working together. He approaches each patient with a hope to bring about mental and physical healing, to enable all to reach their potential.

### **Tree Adventure**

On Saturday afternoon you can hike miles of forested trails, climb a 50-foot-tall treehouse, and play and learn in the Nature Explore Classroom. Your paid admission includes a tree seedling to plant at home. Participants are responsible for their own transportation and admission charges (\$7 Adults and \$5 Children age 3-12). For an additional charge (\$4 adults and \$3 Children age 3-12) you can participate in the Discovery Ride, a one-hour journey into the backwoods of Arbor Day Farm. The Discovery Ride takes you through orchards and vineyards, over streambeds, and all across the historic 260 acres of Arbor Day Farm. Along the way, a Nature Interpreter shares interesting facts, historical tidbits, and conservation information about your natural surroundings. You may even find deer, turkey, fox, raccoons, and other woodland creatures at home in the forest.