

HEALTH AND WELLNESS

It's going to be a busy week! But don't worry, we've got some self-care strategies to help you find fun ways to be active, be mindful and be healthy on your own or with colleagues at APHL 2024.

Sunrise Walk

Join friends on **Tuesday, May 7, at 6:00 am** for an easy 1-mile walk (round trip) to Milwaukee's RiverWalk District, where you can take a selfie and say "ayyy" with the Bronz Fonz! *Weather permitting.* Meet in the lobby of the Hilton Milwaukee City Center (509 W Wisconsin Ave, Milwaukee, WI 53203).



Morning Yoga

Start your day with energy and focus! Join Collective Flow Milwaukee in a morning yoga session on **Wednesday, May 8, at 6:00 am**. Meet in the Grand Ballroom BC lobby near the registration desk. *A limited number of yoga mats will be provided.*

APHL Bark Park

Take a quick puppy break to enjoy a fun playful experience and recharge! Hang out with some furry friends and feel "pawsome" for the rest of the day!

Visit JR's Pups-N-Stuff Dog Rescue in the exhibit hall

Tuesday, May 7, 10:00 am – 3:00 pm and Wednesday, May 8, 10:00 am – 2:00 pm in the Exhibit Hall, to the left of the entrance at the 100 aisle.

Gratitude Wall

Take a moment to reflect on the good things and great people all around you. Write and share messages, stories and thank-you's, or recognize your peers and colleagues on the gratitude wall. Letters will also be available for you to personalize and give to others. The gratitude wall will be available near the registration desk throughout the conference.

Games and Activities

Invite friends to unwind with putt putt golf and cornhole. Discover your inner artist while reducing anxiety and stress with coloring books and pencils provided to session attendees. Check out the fun near the APHL Experience booth in the Exhibit Hall and near the registration desk.