



Creating Connections, Sharing Solutions.

August 1-3 | Nashville, TN

Hilton Nashville Airport
2200 Elm Hill Pike
Nashville, TN 37214

<https://fcs.tennessee.edu/conferences/>

Tuesday, August 1

10:00 am – 11:20 am	Registration and Check-In: Regional Program Leaders To the right of Cheekwood Ballroom
11:30 am – 1:00 pm	Lunch & General Session #1: Dr. Janet Fox & FCS Conference Planning Committee, <i>Creating Connections, Sharing Solutions: Welcoming You to the 2023 FCS Conference!</i> Cheekwood Ballroom
1:15 pm – 3:30 pm	General Session #2: FCS Strategic Plan Committee & Dr. Ken Jones, University of Kentucky: <i>Setting the Course to Thrive in the Future: The Family and Consumer Sciences Strategic Plan</i> Cheekwood Ballroom
3:45 pm – 4:10 pm	Breakout Session #1 Hermitage A – Elizabeth Renfro, <i>Coffee and Conversation</i> Hermitage B – Elizabeth Sanders & Co-Presenters, <i>Authoring Your Story</i> Hermitage C – Kristen Johnson, <i>Addressing Ageism Through Nutrition Education</i> Tennessee – Anna Belk, <i>Yoga for Kids: A School-Based Mental Health Program</i> Mississippi – Belinda Riddle & Co-Presenters, <i>The Right Path: Creating Community Spaces for Wellness</i>
4:20 pm – 4:45 pm	Breakout Session #2 Hermitage A – Lydia Hoskins, <i>Bridging the Digital Divide for Older Adults</i> Hermitage B – Amanda Paschall, <i>Nearpod: Taking your Presentations to the Next Level</i> Hermitage C – Jennifer Ward, <i>Reducing Fat Bias in Nutrition Education</i> Tennessee – Susan Conner & Co-Presenters, <i>Chair Yoga</i> Mississippi – Ima Price, <i>Creative and Fun Approaches for Youth to Increase Activity in Physical Education Classes</i>
4:45 pm – 5:45 pm	Networking & Social Hour (Mandatory) – Refreshments Provided Cheekwood Ballroom
6:00 pm	Adjourn – Dinner on your own

Wednesday, August 2

8:30 am – 9:30 am	<p>General Session #3: FCS Marketing Committee, <i>Raising the Curtain: Amplify FCS Marketing With NEW Tools & Tricks!</i> Cheekwood Ballroom</p>
9:45 am – 10:30 am	<p>Breakout Session #3 Hermitage A – Whitney Danhof, <i>Mediterranean Eating Pattern</i> Hermitage B – Starla Hardin & Co-Presenters, <i>Diabetes Prevention Program: Changing Lifestyles and Changing Lives</i> Hermitage C – Lisa Fuller & Co-Presenters, <i>TNCEP Curriculum Roundtable</i> Tennessee – Lauren Patterson & Co-Presenters, <i>Virtual Wellness Challenges</i> Mississippi – Shay Davis & Misty Layne-Watkins, <i>Sweet and Safe Sleep Practices for Parents and Caregivers</i> Cumberland – Lacy Yeley, <i>Cardio Drumming (Session 1)</i></p>
10:30 am – 11:00 am	<p>Refreshment Break & Networking Outside Cheekwood Ballroom</p>
11:00 am – 11:45 am	<p>Breakout Session #4 Hermitage A – Marty Henry, <i>New On My Own "Short Lessons & Simulation</i> Hermitage B – Annette Cole, <i>Free Money!!!</i> Hermitage C – Sarah Poole & Co-Presenters, <i>Easy Freezy Meals: Prep Now, Eat Later</i> Tennessee – Shan Stout & Tessa Davis, <i>Marketing Your Event From Your Smartphone: Using Canva, Hashtags and Social</i> Mississippi – Rita Jackson & Chris Sneed, <i>Within Your Reach: Pathway to an Advanced Degree</i> Cumberland – Lacy Yeley, <i>Cardio Drumming (Session 2)</i></p>
12:00 pm – 1:15 pm	<p>Lunch & General Session #4: Greetings from Dr. Stokes & Special Guest Speaker, Clarence H. Carter, Commissioner of Human Services Cheekwood Ballroom</p>
1:30 pm – 2:15 pm	<p>Breakout Session #5 Hermitage A – Donna D. Calhoun, <i>Community Needs: It Takes a Village</i> Hermitage B – TN Treasury Dept's James Armistead, Chris Sneed, & Ann Berry, <i>Get Ready to Retire Ready</i> Hermitage C – Amy Elizer & Gene Fitzhugh, <i>Working with State Agencies to Improve Physical Activity Policy/System/Environment Changes</i> Tennessee – FCS Round Table with Commissioner Carter (invitation only) Mississippi – Rachel Erwin & Co-Presenters, <i>Financial Fridays: Money Management at Your Fingertips Presented by the "Simple Solutions" Agent Cluster</i> Cumberland – Marketing Pop-up Store</p>
2:30 pm – 3:15 pm	<p>Breakout Session #6 Hermitage A – Natalie Owens, <i>Partnering with a Purpose</i> Hermitage B – TN Treasury Dept's James Armistead, Chris Sneed, & Ann Berry,</p>

	<p><i>Get Ready to Retire Ready</i> Hermitage C – Heather Sedges & Co-Presenters, <i>When Powers Combine: An Integrated Approach Addressing Farm Stress</i> Tennessee – Matt Devereaux & Katie Conrad, <i>BrainWise for Parents: A Guide to Building Thinking Skills in Children</i> Mississippi – Mallory Christian & Paula May, <i>The FCS Collective</i> Cumberland – Marketing Pop-up Store</p>
3:15 pm – 3:45 pm	<p>Refreshment Break & Networking Outside Cheekwood Ballroom Cumberland – Marketing Pop-up Store</p>
3:45 pm - 5:15 pm	<p><u>General Session #5: Danielle Dreilinger, <i>The Secret History of Home Economics</i></u> Cheekwood Ballroom. Book signing afterwards outside Cheekwood Ballroom Cumberland – Marketing Pop-up Store</p>
5:15 pm	Dinner on your own
8:00 pm – 10:00 pm	<p>Tennessee – Silent Disco Hermitage A & B – Trivia (2 Sessions, 8-9 PM, and 9-10 PM) Cumberland – Marketing Pop-up Store Mississippi - Game Room <i>Refreshments provided.</i></p>

Thursday, August 3

7:00 am – 8:00 am	Breakfast on your own / Hotel check-out
8:00 am – 9:00 am	<p><u>General Session #6: Regional Program Leaders: Dr. Lynn Brookins, Carla Bush, & Heather Kyle-Harmon, <i>Living My Best Life</i></u> Cheekwood Ballroom Cumberland – Marketing Pop-up Store</p>
9:00 am – 9:15 am	FCS Group Photo – Mandatory Atrium
9:15 am – 10:15 am	<p>Brunch (Additional hotel check-out) Hermitage Ballroom Cumberland – Marketing Pop-up Store</p>
10:15 am – 10:30 am	<p>Break Cumberland – Marketing Pop-up Store</p>
10:30 am – 12:00 am	<p><u>General Session #7: Jen Slaw, <i>Have a Ball</i></u> Cheekwood Ballroom</p>
12:00 pm – 12:30 pm	<p><u>Closing Words: Dr. Janet Fox, <i>FCS Charge</i></u> Cheekwood Ballroom</p>
12:30 pm	Adjourn