

Connecting Young Nebraskans Summit

CREATING LIFE BALANCE

Oct. 27-28 • YORK, NE

SOCIAL

Thurs. Oct. 27 // 7PM
Chances "R" Restaurant & Lounge

SUMMIT

Fri. Oct. 28 // 8AM - 4PM
Holthus Convention Center



ARTHUR FRATELLI

Mentalist // Social Entertainment



LISA GUNDERSON

Reality Based Leadership // Keynote



SHANE LOPEZ

Science of Hope // Speaker

Join us for a unique statewide event that brings together young professionals to develop new skills and share life experiences. The summit theme is "creating life balance" and will feature a variety of topics from each holistic wellness category:



PURPOSE

Finding joy in your daily life and being part of something



SOCIAL

Surrounding yourself with supportive relationships



COMMUNITY

Having a sense of place and taking pride in your community



PHYSICAL

Health and wellness through diet and regular exercise



FINANCIAL

Becoming fiscally aware and creating personal security

Registration opens Aug. 1:
cyn.nebraska.edu

f Connecting Young Nebraskans
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