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

Contact Kayla Schnuelle with questions:
kschnuelle@nebraska.edu

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