



## Secretarial/Clerical Professional Development Group

### 2019 MINI-SPRING CONFERENCE AGENDA

### HELD AT FREDONIA TECHNOLOGY INCUBATOR

**MARCH 14, 2019**

*All programming will be held in the large conference room.*

**8:30 a.m. to 9:00 a.m.**

Registration and Refreshments (coffee service and assorted coffee cakes)

**9:00 a.m. to 9:15 a.m.**

Welcome and Introductions

**9:15 a.m. to 9:45 a.m.**

*Tour of Incubator with Chuck Cornell, Director of the Incubator*

**10:00 a.m. to 11:00 a.m.**

*Partners in Kind – Caring for the Community*

Presented by Melissa Pietrkiewicz, LMSW, Founder and President

Taken from their website: It is the mission of Partners in Kind of Chautauqua County to facilitate charitable efforts and promote acts of kindness in our community. Through service and connection, we are striving to make Chautauqua County whole again. Their website is at the below link:

<http://partnersinkindchq.org/>

**11:15 a.m. to 12:15 p.m.**

*Exercise as Medicine - Moving Towards Better Health*

Presented by Dr. Todd Backes, Associate Professor, Exercise Science – Biology Department

Todd will present evidence on the protective effects of exercise against preventable illness and death. He will also discuss how exercise improves aspects of physical and mental health.

**12:00 p.m. to 1:00 p.m.**

*Lunch to include soup and sandwich buffet*

In honor of PI Day, we will have chocolate cream pie and dutch apple pie for dessert.