

# BE WELL. LIVE WELL.

## Our 2025 Fall Conference

### Tuesday, October 28

- 2:30 - 3:30 p.m. **Be Well. Live Well. Registration**
- 3:30 - 5:30 p.m. **Disconnect to Connect: Practicing Mindfulness in the Workplace** with Amy Vetter
- 5:45 - 6:45 p.m. **Reception hosted and sponsored by Rocky Mountain Credit Union** at 1840 Baxter Lane
- 7:00 p.m. **Dinner on your own**

### Wednesday, October 29

- 7:45 - 8:15 a.m. **Yoga Session** with Amy Vetter
- 8:15 - 9:00 a.m. **Breakfast**
- 9:00 - 10:00 a.m. **Sleeping with Siri: How and Why to Digitally Detox** with Michael Stusser
- 10:00 - 10:15 a.m. **Networking Break**
- 10:15 - 11:15 a.m. **Fraud: Ending the Sickness** with Chelsea Treboniak
- 11:15 - 11:30 a.m. **Networking Break**
- 11:30 a.m. - 12:15 p.m. **AI & the Future of Credit Unions: How to Leverage AI for Security** with Conor Smith
- 12:15 - 1:00 p.m. **Networking Lunch and "Managing Burnout"** with Laura Del Guerra
- 1:00 - 3:00 p.m. **Be Well. Live Well. Outdoor Activity TBD**
- 5:30 - 6:30 p.m. **Sponsor Social and Reception**
- 6:30 - 7:30 p.m. **Dinner and Sponsor Prize Drawings**
- 7:30 - 9:30 p.m. **Music Bingo FUNdraiser** benefiting MCUCD

### Thursday, October 30

- 7:45 - 8:15 a.m. **Restorative Stretching & Meditation Session** with Dani Rubino
- 8:15 - 9:00 a.m. **Breakfast**
- 9:00 - 9:45 a.m. **How to Boost Manager Productivity by (at least) 25% by Eliminating your Reliance on Tribal Knowledge** with Greg DeVore
- 10:00 - 11:00 a.m. **The Innovative Mindset: Think Differently. Work Better. Live Well.** with Bill Stainton
- 11:00 - 11:15 a.m. **Wrap-up and Giveaway Drawings**

All events are in the [BW Plus GranTree Inn](#) Ballroom unless otherwise noted.

### Presenters



Amy Vetter



Michael Stusser



Chelsea Treboniak



Conor Smith



Greg DeVore



Bill Stainton