

Strength Training for Communities



ARKANSAS COMMUNITY DEVELOPMENT SOCIETY Annual Conference

April 20, 2023 | 8 a.m. - 3:30 p.m.
University of Central Arkansas
Brewer-Hegeman Conference Center
Register online at arcds.org

The Arkansas Development Society is an education non-profit organization whose purpose is to advance community development and the community development profession. Come join us as we discuss attributes of a strong community, with special emphasis in the most important asset, our human capacity. We will include sessions to focus on our own strengths, both physically and mentally. **Come dressed comfortably as there will be movement involved and a relaxed atmosphere** that will help us connect with ourselves and each other. As we grow as individuals, our combined strengths grow exponentially. Please share with others that might be interested.

- 8:00 a.m. Registration & Breakfast Begins
- 8:30 a.m. ACDS Annual Meeting
- 9:00 a.m. Welcome
- 9:10 a.m. Desk Stretch – Brent McMillan, Entergy ENSHAPE coordinator
- 9:15 a.m. What Makes for a Strong Community – Layne Ragsdale and Patty Methvin
- 10:00 a.m. You Got to Move It, Move It! - TBA
- 10:30 a.m. Conway Active Mobility – A community moving forward - James Walden, AICP - Garver
- 11:30 p.m. Lunch and ACDS Awards
- 1:00 p.m. Using Mindfulness to Our Health Benefit – Kerrie Lauck, Klauckwork
- 2:30 p.m. What's Your B12 - Self Care Session - Nakia Williams, Williams Consulting
- 3:30 p.m. Closing Remarks and Final "Move" Session

THANK YOU TO OUR 2023 SPONSORS:



Business matters.

