

JOIN THE WELLNESS CHALLENGE & MORNING FITNESS SESSIONS!

2025 EPAF/SYMPOSIUM

[Join the TEAM!](#)

Greetings!

We are delighted to welcome you to this year's EPAF/Symposium Conference, where we have an exciting, **4-day Wellness Challenge** in addition to **3-days of Healthy Living Activities!** We believe in nurturing not just your professional growth but your overall well-being.

Starting Monday, we invite you to participate in our daily-themed wellness challenges. Each day's challenge will be posted in TEAMS under the *Wellness @ EPAF / UF/IFAS Extension Symposium Conference/Daily CHALLENGE* channel at 6:00 a.m. These challenges are designed to invigorate you and promote a healthy lifestyle.

But that's not all! Complement your day with our refreshing morning fitness sessions starting Tuesday. Each session is tailored to add a burst of energy to your day, and is led by our expert, Extension personal trainers from 6:30 a.m. – 7:00a.m.

Morning Fitness – Healthy Living Activity Schedule:

- Tuesday: Check your fitness level with a variety of stations with Joshua Payne.
- Wednesday: Get moving with a Beach Walk Scavenger Hunt led by Kim Griffin.
- Thursday: Enjoy gentle stretching with Shari Bresin, which will be perfect preparation for your travel home.

Each session will begin promptly at 6:30 a.m. in the Volusia B room, so please arrive a few minutes early to get settled.

What do you have to do to participate? Complete each day's challenge and post about it in the *PICS* channel within the Wellness TEAM. On Thursday, complete the short survey on the TEAMS site (you'll see the tab at the top) to share your wellness experience.

We encourage you to take advantage of these invigorating activities to enhance your conference experience. **The team code to join the conference Wellness fun is 8u8ntg8.** Not sure how to join a team using a code? Click [here](#) for the instructions.

Stay tuned for daily updates and be ready for an energizing and inspiring week ahead!

Best regards,

The Wellness @ EPAF / UF/IFAS Extension Symposium Conference Team

Healthy Living Activity Instructors

6:30 a.m. - 7:00 a.m. | Volusia B



**Joshua Payne,
RDN, LDN**

Family and Consumer
Sciences Agent
UF/IFAS Cooperative
Extension -
Hillsborough County



Kim Griffin

Family and Consumer
Sciences Agent
UF/IFAS Cooperative
Extension - Suwannee
County



Shari Bresin, MNM

Family and Consumer
Sciences Agent
UF/IFAS Cooperative
Extension - Pasco
County