



CALIFORNIA STATE SHERIFFS' ASSOCIATION FOUNDATION
WELLNESS SEMINAR AGENDA (POST Plan IV Certified)
October 13-15, 2025
 San Bernardino County

Monday, October 13, 2025		Location
12:00pm – 1:00pm	Attendee Registration	Arrowhead Ballroom
1:00pm – 1:20pm	Welcome Speakers: Sheriff Bob Jonsen, Santa Clara County – Wellness Committee Chair Presentation of Colors: San Bernardino County Sheriff's Office Honor Guard	Arrowhead Ballroom
1:20pm – 2:45pm	Testimonial Corporal Robert Jahn and Carolyn Jahn, San Bernardino County Sheriff's Office	Arrowhead Ballroom
2:45pm – 3:00pm	Break	
3:00pm – 5:00pm	Psychological Wellness Dr. Colleen Hilton, AlliConnect	Arrowhead Ballroom
5:30pm – 7:30pm	Reception	Lakeview Terrace Room
Tuesday, October 14, 2025		Location
8:00am – 9:00am	Yoga Candice Bourgeois, Yoga for First Responders	Lakeside Deck/Lawn
9:00am – 9:30am	Break	
9:30am – 10:30am	A Path to PTSD Prevention – Clinical Research Findings Candace Bourgeois, Yoga for First Responders	Arrowhead Ballroom
10:30am – 10:45am	Break	
10:45am – 11:45pm	Wellness Roundtable	Arrowhead Ballroom
11:45am – 12:00pm	Exhibitor Presentations	Arrowhead Ballroom
12:00pm – 1:00pm	Networking Lunch – Exhibit Hall	Lakeview Terrace Room



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Tuesday, October 14, 2025 (continued)		Location
1:00pm – 3:00pm	Compassion Cultivation – Introduction to Developing Self – Compassion Sheriff Bob Jonsen, Santa Clara County	Arrowhead Ballroom
3:00pm – 3:15pm	Break	
3:15pm – 5:00pm	Mindfulness Practices Sheriff Bob Jonsen, Santa Clara County	Arrowhead Ballroom
Wednesday, October 15, 2025		Location
8:00am – 9:30am	Level Up Your Nutrition in 5 Simple Steps Danielle Kawash, Santa Clara County Sheriff's Office	Arrowhead Ballroom
9:30am – 10:00am	Break	
10:00am – 11:30am	Self-Talk and Stories We Tell Ourselves Mike Salemi	Arrowhead Ballroom
11:30am – 12:00pm	Conclusion Committee Chairs: Chair: Sheriff Bob Jonsen, Santa Clara County Vice-Chair: Sheriff Eddie Ingram, Sonoma County Vice-Chair: Sheriff Jeff Dirkse, Stanislaus County	Arrowhead Ballroom