

# YOUTH NETWORK WELLNESS SUMMIT

# 2025

This summit is designed for young adults ages 18–35, and space is limited – so be sure to register early!

Under 18? Join virtually for interactive elements

We also have a small number of spots available for those over 35 – everyone is welcome to apply!



## Workshop Titles

Mindfulness in Motion

Art as Activism

The Masks We Wear

Vision Boards for Collective Change

Speed Friending

DAY 1: Timeline	Agenda Items
11am–12 PM	Registration & Refreshments
12– 12:30 PM	Welcome & Opening remarks
12:30–1 PM	Keynote
1–1:15	Break
1:15–2:20	Workshops
2:20–2:30	Break
2:30–3:15	Open Mic
3:15–3:45	Closing Remarks

DAY 2: Timeline	Agenda Items
9–10 am	Registration & Light Breakfast
10–10:30 am	Welcome & Opening remarks
10:30–11:00am	Break
11–11:15	Youth Network Directors
11:15 am–12:30 Pm	Workshops
12:30–1:30	Lunch
1:30–2	Closing Remarks

## Register Today!

Registration Link/QR Code  
<https://forms.gle/Fzz3S79htRvkRsY9>



26-27 JULY 2025  
2-DAY SUMMIT

Confluence Technology Center

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Washington State  
Health Care Authority

