

2022 WVJLAP Retreat Agenda

Stonewall Resort, Roanoke WV

Friday, May 20th

10:00 am – 2:00 pm	West Virginia Supreme Court Task Force on Lawyer Well-Being
6:00 pm – 8:00 pm	WVJLAP Board Meeting
8:00 pm – 9:00 pm	Friends of Bill & Lois W., Support Group (Open Meeting)

Saturday, May 21st

8:00 am	Registration & Continental Breakfast
8:45 am - 9:00 am	Opening Remarks by Justice Elizabeth D. Walker
9:00 am - 9:50 am	“Addiction 101.” Dr. Matthew Christiansen, Director, Office of Drug Control Policy, WV Department of Health & Human Resources
10:00 am - 11:50 am	“Building Healthy, Resilient Brains: Using Wellness to Cope with Stress, Anxiety, and Burnout.” Megan Lyons, Health & Wellness Coach
12:00 pm - 1:00 pm	Break for Lunch
1:00 pm - 6:00 pm	Free Time for Networking, Golf, and other Family Park Activities
7:00 pm - 8:30 pm	Banquet & Award Presentation by Chief Justice John A. Hutchison; Music & Al-Anon Lead by Teresa Albury

Sunday, May 22nd

8:00 am	Registration & Continental Breakfast
9:00 am - 9:50 am	“Lawyers Depression Project.” Joseph Milowic III, Esquire
10:00 am - 10:50 am	“I am a lawyer, so why am I not happy.” Dr. Timothy Saar, SAAR Psychological Group, PLLC