

<u>September 4, 2025</u>	BCBW Training
<u>SESSION 1</u> 11:00 am - 11:15 am	Welcome Address from VA and H2H
<u>SESSION 2</u> 11:15 am - 12:00 pm	<ul style="list-style-type: none"> • Breathing - Diaphragmatic Breathing and Bee Breath - Val <ul style="list-style-type: none"> ◦ Lecture and practice videos • Q and A
12:00 pm - 12:15 pm	• Break
<u>SESSION 3</u> 12:15 pm - 1:00 pm	<ul style="list-style-type: none"> • Sensory Exploration - Val <ul style="list-style-type: none"> ◦ Lecture and practice video • Creating and Crossing a Threshold - Adam <ul style="list-style-type: none"> ◦ Lecture and practice video • Q and A
1:00 pm - 1:15 pm	• Break
<u>SESSION 4</u> 1:15 pm - 2:00 pm	<ul style="list-style-type: none"> • Yoga for Beekeepers - Val <ul style="list-style-type: none"> ◦ Lecture and practice video • Steps of Gratitude - Lacey <ul style="list-style-type: none"> ◦ Lecture and practice video • Q and A
2:00 pm - 2:15 pm	• Break
<u>SESSION 4</u> 2:15 pm - 3:00 pm	<ul style="list-style-type: none"> • Bee Bathing - Lacey <ul style="list-style-type: none"> ◦ Lecture and practice video • Communing with Bees - Lacey <ul style="list-style-type: none"> ◦ Lecture and practice video

<u>September 4, 2025</u>	BCBW Training
	<ul style="list-style-type: none"> • Q and A
3:00 pm - 3:15 pm	<ul style="list-style-type: none"> • Break
<u>SESSION 5</u> 3:15 pm - 4:00 pm	<ul style="list-style-type: none"> • Active Meditation with Bees - Adam <ul style="list-style-type: none"> ◦ Lecture and practice video • Research Behind Practices Val and Adam <ul style="list-style-type: none"> ◦ Discussion and sharing of research study (Provide link to google drive with publication) • Q and A
4:00 pm - 4:15 pm	<ul style="list-style-type: none"> • Break
<u>SESSION 6</u> 4:15 pm - 5:00 pm	<ul style="list-style-type: none"> • Implementation and Evaluation of BCBW Practices (How to implement, resources, trauma informed care, connecting clients with VA services, evaluation scales, privacy considerations) Adam and Val <ul style="list-style-type: none"> ◦ Discussion • Q and A • Announce on-ground train the trainer opportunities

<u>September 5, 2025</u>	Core Beekeeping Knowledge	Expanded Beekeeping Knowledge	Apitherapy
<u>WELCOME</u> 11:00 am - 11:15 am	Welcome Address from VA and H2H		
<u>SESSION 1</u> 11:15 am - 12:15 pm	<i>All About Drones - Dr. Robyn Underwood, Penn State</i>	Accessible Beekeeping - Ned Stoller, MI AgrAbility	Medicinal Use of Honey: Evidence-based Applications - Dr. Ferhat Ozturk, University of Texas San Antonio
<u>BREAK</u> 12:15 pm - 12:30 pm	<ul style="list-style-type: none"> • Break/Yoga for Beekeepers - Val Carter 		
<u>SESSION 2</u> 12:30 pm - 1:30 pm	Products of the Hive - Monica Schmitt, Mission Beelieve	Bee-Smart Planning: Grow Your Hive and Your Revenue - Dr. Ryan Milhollin, University of Missouri	The Natural Medicine Cabinet of HoneyBees - Trish Thompson, American Apitherapy Society
<u>BREAK</u> 1:30 pm - 2:30 pm	<ul style="list-style-type: none"> • Keynote: <i>Queen Breeding</i> - (Cory Stevens) - confirmed 		
<u>SESSION 3</u> 2:30 pm - 3:30 pm	1st Year Beekeeping Mistakes - Eric Fuchs-Stengel, NCAT	Trouble in the Hive: What Every Beekeeper Should Know about Sick Bees & Sneaky Pests - Dr. Judy Wu-Smart, University of Nebraska-Lincoln	Echoes of the Bees: Finding Peace in the Buzz - Samantha Winship, American Apitherapy Society
<u>BREAK</u> 3:30 pm - 3:45 pm	<ul style="list-style-type: none"> • Break/Mindfulness - Jamie Grundner 		
<u>SESSION 4</u> 3:45 pm - 4:45 pm	Managing Varroa Effectively - Dr. Adam Ingrao, Heroes to Hives	Propolis and Hive Health - Jessica Helgen University of Minnesota Bee Lab	Beekeeping and Mental Health - Val Carter and Jamie Grundner
<u>CLOSING</u> 4:45 pm - 5:00 pm	Closing from VA and H2H		