

Healthy Families Polk

3rd Quarterly

Training Retreat

Friday, Oct. 6, 2023

9 a.m. to 4 p.m.

Northeast Government Center
200 Government Center Blvd.,
Lake Alfred, FL 33850

Retreat Agenda

9 - 9:45 a.m. Breakfast and Ice Breaker

9:45 - 10 a.m. **Break**

10 - 11:30 a.m. Self-Defense Class – Polk County
Sherriff Dept. (Stephanie Shultz)

11:30 a.m. - 12 p.m. Lyric Game

12 - 1 p.m. **Lunch Break**

1 - 1:45 p.m. Create a Song Game

1:45 - 2 p.m. **Break**

2 - 3 p.m. HIV Preservation - Department of
Health (Melissa Gonzalez)

3 - 4 p.m. Lake Wales Center Overview

Focus on safety and self-preservation on the job



POLK
COUNTY
Healthy Families

