

**SCC/MLA Outreach Symposium – Sheraton Oklahoma City Downtown
Wednesday – 10/16/19**

Preliminary Agenda

- **9:30-10:00 am**
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Welcome, Introductions, & Housekeeping

- **10:00 am-Noon**
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[mHealth: Mobile Technologies to Improve Community Health](#)

Presenter: [Brian Leaf](#), Community Engagement Coordinator, National Network of Libraries of Medicine South Central Region

- **Noon-1:30**
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Luncheon Session

AYA: Your Fitness Journey

Presenter: Judy Goforth Parker, Commissioner of Health Policy, The Chickasaw Nation

[Dr. Parker](#) will speak about the development of the [AYA fitness app](#).

- **1:30-3:00**
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Combo session – *Health Benefits of Yoga & How the Brain Learns... and Forgets*

Presenter: [Alix G. Darden](#), Director of Faculty Development, Department of Pediatrics / Director, Academy of Teaching Scholars – College of Medicine, University of Oklahoma Health Sciences Center

In this interactive session, [Dr. Darden](#) will weave together information about the health benefits of yoga and share practical tips for incorporating active learning techniques into programming and educational activities.

- **3:00-3:30 pm**
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Wrap-up & Evaluations