

Pennsylvania Bar Association Quality of Life/Balance Retreat

Saturday, Sept. 28, 2019

Penn State Dickinson Law

150 S. College Street, Carlisle, PA 17013



8:30–9:00 a.m. Breakfast & Registration

9:00–9:20 a.m. Welcome Message

PBA President Anne N. John and Penn State Dickinson Law Dean Danielle M. Conway

9:20–10:20 a.m. Session 1: Taking the Trail Less Traveled: Leadership as Part of Your Profession

James R. Antoniono uses his thru-hike of the Appalachian Trail in 2013 as a backdrop to discuss vignettes related to leadership and the stress of undertaking leadership positions. Learn how to deal with the responsibilities of taking charge and leading in healthy and mindful way to ultimately have a positive impact on your practice. (1 substantive CLE credit)

Presenter: James R. Antoniono, DeBernardo Antoniono McCabe & Davis PC

10:20 a.m. Break

10:30–11:30 a.m. Session 2: Integrating Work and Life for Attorneys - Leading by Example

This panel discussion will explore the effects of stress, mental health issues and substance abuse in the legal profession. In the face of clear empirical data, i.e., the recent ABA National Task Force Report, “The Path to Lawyer Well-Being,” it’s time for us as practitioners to look for answers and put new practices into place. Attendees will engage in personal and professional introspection and leave with concrete wellness and stress-reducing tools that can be put to immediate use on our path to integrating wellness and the practice of law. (1 substantive CLE credit)

Presenters:

- Erin Siciliano, Wilson Elser Moskowitz Edelman & Dicker LLP
- Gail J. Cummings, Gail J. Cummings Consulting LLC

11:30 a.m.–12:30 p.m. Session 3: “How to Incorporate Wellness Initiatives, Mindfulness Meditation & Happiness From Law School to Legal Practice”

This panel discussion will explore the importance of wellness and mindfulness as it relates to physical and psychological well-being and mental health and how those components affect the practice of law and quality of work. Attendees will learn valuable tools to help them become better students and practitioners for their clients. (1 substantive CLE credit)

Moderator: Kathleen D. Wilkinson, Wilson Elser Moskowitz Edelman & Dicker LLP

- Harvey Freedenberg, retired member, McNeese Wallace & Nurick LLC
- Alison Flowers Lintal, Director of Career Services & Internship Programs, Penn State Dickinson Law; Certified Yoga Instructor
- Laura H. Williams, Assistant Dean for Career Services and Policy & Planning, Penn State Dickinson Law
- Penn State Dickinson Law student involved with Dickinson Law’s Wellness Initiatives

12:30 p.m. Boxed Lunch

12:45–2:00 p.m. Wellness Activities

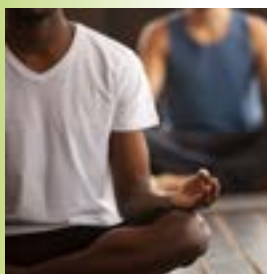
Activities will include Yoga and a mindfulness walk, so please dress comfortably.

Registration Fees

Attorney with 3 hours of CLE credit	\$90
Attorney without CLE	\$50
Law student.....	\$10

Registration deadline: Sept. 24, 2019

[CLICK HERE TO REGISTER.](#)



Hotel Information:

A small block of rooms has been reserved at the Comfort Inn PA Turnpike, 77 Shady Lane, Carlisle. The room rate is \$99 per night. Room reservations should be made by Tuesday, Aug. 27 to guarantee the group rate. Call 717-706-3400, choose option #2 to speak to the front desk and mention the PA Bar Association Group #3802593 room block.



The Pennsylvania Bar Institute is approved by the Pennsylvania Supreme Court Continuing Legal Education Board as an accredited CLE provider. The PBA Quality of Life/Balance Retreat has been approved by the Pennsylvania CLE Board for 3 CLE credits. For questions about the CLE credits, contact the PBI Customer Service Department at 1-800-247-4724.