



Special Needs In My City

7th Annual

Health and Wellness Conference

For Parents, Self-Advocates, Caregivers and Educators

Supporting Children and Adults with Developmental Disabilities

SATURDAY, November 8, 2025
9:45 AM- 3:15 PM

Live Streaming

AGENDA

Headline Sponsor of HWC 2025:
Family Resource Network

MORNING SESSION:

- 9:00-9:40 AM:** Registration & Networking over Healthy Breakfast
- 9:40-10:00AM:** **Opening Ceremony:**
Pledge of Allegiance-Led by Self-Advocates
Brandon Gillespie: Modesto Police Chief
Scott Kuykendall: Stanislaus County of Education Superintendent
Lisa Culley- Family Resource Network
- 10:00-10:40 AM:** **Speaker 1: Matthew Blakeley, LMFT, BHMIII**
Topic: "Managing Healthy Marriage and Family Relationships"
Kaiser Permanente: Area Director Central Valley Behavioral Health
- 10:45 -11:15 AM:** **Table Talk- SNIMC and Community Building Activity**
- 11:15 -11:35 AM:** Networking & Vendor Booth Presenters
- 11:35 AM-12:05 PM:** **Speaker 3: Dr. Tod Zwahlen, Psy D., Psychologist, McCray Psychological Services**
Topic: "Inside the Autism Evaluation Process: Steps, Tools, and Insights"
- 12:05-1:00 PM:** HEALTHY LUNCH BUFFET

AFTERNOON SESSION:

- 1:00-1:30PM:** **Speaker 4: Aisha Chaudhry MD, Kaiser Permanente**
Topic: " Lifestyle Medicine: From Diet to Sleep: Six Habits That Heal"
- 1:35-2:05 PM:** **DAD'S Panel** (addressing the use of Artificial Intelligence (AI), parenting, advocacy & managing stress)
- 2:10-2:35 PM:** Stretch and Exercise with Lorie Avila
- 2:35-3:05 PM:** **MOM's Panel** (addressing the use of Artificial Intelligence (AI), parenting, advocacy & managing stress)
- 3:05-3:15 PM:** Closing Ceremony

Special Needs In My City

Helping Families with Special Needs

A 501C(3) NON-PROFIT ORGANIZATION

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