

Program Guide

Mind ♦ Body ♦ Soul

ADULT VIRTUAL RETREAT

Program Schedule

TUESDAY, FEBRUARY 22

10:00 A.M.	Welcome to Mind Body Soul FEATURED SPEAKERS Closing Remarks Seniors Finishing Well View Electives on Demand*	Vicki Caldwell & Rodney Schell Dr. Jeff Warren & Dr. Han Oh: “The Main Thing” Rodney Schell Stories of Inspiration
6:30 P.M.	Welcome FEATURED SPEAKER Closing Remarks Seniors Finishing Well View Electives on Demand*	Carla Robinson & Rodney Schell Dr. Jim Burns: “Doing Life with Your Adult Children” Dr. Jack Martin Stories of Inspiration

WEDNESDAY, FEBRUARY 23

10:00 A.M.	Welcome Worship FEATURED SPEAKER Closing Remarks Seniors Finishing Well View Electives on Demand*	Vicki Caldwell & Lisa Johnson Stephen Carrell Dr. Joel Gregory: “Living Stones” Stephen Carrell Stories of Inspiration
6:30 P.M.	Welcome FEATURED SPEAKER Closing Remarks Seniors Finishing Well	Rodney Schell Dr. Jim Burns: “Serious Fun” Rodney Schell Stories of Inspiration

*ELECTIVES ON DEMAND

Keep Moving	Cooper Fitness Center
Let’s Talk Healthy Foods	Cooper Nutrition
What’s New in Brain Research	The Center for Brain Health
Watercolor Demonstration	Artist & Painter, Anne Gunthner
Talking with our Children & Grandchildren about Anxiety	The Center for Integrative Psychology
Walking through Substance Abuse with Adult Children	The Center for Integrative Psychology
Caregiver Resources & Support	The Senior Source
Living Out Our Faith with Grandchildren	Cynthia Yanof & Amy Weide

About Our Speakers

DR. JIM BURNS

PRESIDENT OF HOMEWORD

Jim speaks to thousands of people around the world each year on the topics such as strong marriages, confident parents, empowered kids, and healthy Leaders. Some of his most popular books are: Confident Parenting, Closer, and Doing Life With Your Adult Children.

VICKI CALDWELL

SENIOR ADULT ASSOCIATE, PARK CITIES BAPTIST CHURCH

Vicki grew up in Dallas and joined Park Cities Baptist in June of 1981 after graduating from Baylor University. Most of Vicki's career has been in marketing/sales, but she followed the Lord's calling to work with the 60+ population about 10 years ago most recently serving as Sales Director at Presbyterian Village North before joining the Park Cities Senior Adult ministry team.

COOPER WELLNESS STRATEGIES

Cooper Aerobics company specializes in population health and wellness. A recognized authority in health and wellness, Cooper Aerobics has helped millions improve the quality and quantity of their lives for nearly 50 years.

DR. JOEL C. GREGORY

PASTOR, AUTHOR AND FOUNDER OF JOEL GREGORY MINISTRIES

Joel Gregory Ministries equips a new generation of pastors and church leaders. Joel holds the George W. Truett Endowed Chair in Preaching and Evangelism at the Truett Theological Seminary of Baylor University. He has spoken or taught in churches and seminaries around the world and served as the lead editor and author of Baptist Preaching: A Global Anthology.

ANNE GUNTHER

ARTIST AND PAINTER

Anne B. Gunthner graduated from the University of North Texas with a major in Clothing and Textiles and a minor in Art. She worked for many years in retail advertising as both a layout artist and art director for newspaper and catalog. After retiring from advertising, Anne continued to pursue her fine arts passion through teaching, workshops and class studies. Anne has exhibited her work both in New York and Dallas art galleries. Ms. Gunthner teaches children's and adult art classes & workshops at The Dallas Arboretum, The Craft Guild of Dallas, The Center for Creative Arts of Dallas, Brookhaven and SMU colleges and at local libraries.

DR. HAN OH

GREAT HALL WORSHIP PASTOR, PARK CITIES BAPTIST CHURCH

Han has been a worship pastor at churches in California, Florida, Maryland, and Texas. He holds a Bachelor of Arts from Emory University, a Masters of Divinity from Southwestern Theological Seminary, and a Ph.D in Leadership Studies from Dallas Baptist University. In addition to leading worship, Han is a skilled teacher. He has been a guest lecturer at DBU and Talbot Seminary of Biola University as well as the teacher of worship and leadership conferences in Florida and Vietnam

STACEY MALCOLMSON

PRESIDENT & CEO, THE SENIOR SOURCE AND GRADUATE OF THE UNIVERSITY OF TEXAS AND HARVARD UNIVERSITY

The Senior Source provides a network of resources to older adults in Dallas – from financial services to employment to caregiver support, advice on long-term care, and more.

RODNEY SCHELL

EXECUTIVE PASTOR, PARK CITIES BAPTIST CHURCH

Rodney is responsible for providing day-to-day leadership, management and decision-making for the church's policies, programs and staff. Rodney joined the staff in 1995 as Minister to Children and has served in other staff roles at the church prior to becoming Executive Pastor.

DR. BRAD SCHWALL

THE CENTER FOR INTEGRATIVE PSYCHOLOGY

Dr. Schwall (D. Min, Northwestern University) has been providing counseling, training for educators, social and emotional instructional programming for children, and parent education in the Park Cities and North Dallas for over 25 years. He has served at The Center, Park Cities Baptist Church, and at McCulloch Intermediate School and Highland Park Middle School in the Highland Park Independent School District. Dr. Schwall offers tips on parenting, family life, and mental health in regular articles and frequent interviews on WFAA-TV, Channel 8.

DR. JEFF WARREN

SENIOR PASTOR, PARK CITIES BAPTIST CHURCH

Jeff has served as Senior Pastor of Park Cities Baptist Church since 2010. He has held several staff positions at Park Cities, and served as Senior Pastor of FBC McKinney, Texas. Jeff's passion is to see the larger body of Christ work together toward unity across racial, economic, and cultural lines, and is a part of transformational conversations across the city of Dallas with pastors and civic leaders.

AMY WIEDE

Park Cities Baptist Church member, BSF Children's Leader, and speaker.

CYNTHIA YANOF

Wife, mom, blogger, and the host of the entertaining and informative ["Pardon the Mess"](#) podcast.

MERIDAN ZERNER, MS, RDN, CSSD, LD

REGISTERED DIETITIAN NUTRITIONIST

Meridan Zerner is an award-winning Registered Dietitian Nutritionist with 28 years of experience in the field of health and wellness. The last 17 years have been spent at Cooper Clinic, where she not only works with patients, but shares her passion for nutrition through media segments and lectures across the country. Meridan is a Certified Wellness Coach and uses behavioral change skills to help support long-term lifestyle changes in her patients.



Park Cities
BAPTIST CHURCH