

**Warrior Resilience Conference IV**  
**Restoring Readiness: Individual, Unit, Family and Community**  
**March 29, 2012**

<b>Time</b>	<b>Location</b>	<b>Agenda Item</b>	<b>Speaker</b>
7:00 a.m. - 5:00 p.m.	Registration		
8:00 a.m. - 8:05 a.m.	Grand Ballroom	Administrative Announcements	Cmdr. George Durgin, USPHS
8:05 a.m. - 8:15 a.m.	Grand Ballroom	Welcome and Opening Remarks	Capt. Paul Hammer, USN
8:10 a.m. - 8:35 a.m.	Grand Ballroom	Senior Leader Remarks	Dr. Jonathan Woodson, Assistant Secretary of Defense for Health Affairs
8:35 a.m. - 9:00 a.m.	Grand Ballroom	Keynote Address	Rear Adm. Margaret Kibben, USN, Chief of Chaplains
<b>Break 9:00 a.m. - 9:30 a.m.</b>			
9:30 a.m. - 11:00 a.m.	Grand Ballroom	Senior Enlisted Panel	Sgt. Maj. Bryan Battaglia, USMC, Senior Enlisted Advisor to the Chairman Sgt. Maj. of the Army Raymond Chandler Sgt. Maj. of the Marine Corps Micheal Barrett Master Chief Petty Officer of the Navy Rick West Chief Master Sgt. of the Air Force James Roy Command Master Chief R. Shane Hooker, USCG
11:00 a.m. - 11:20 a.m.	Grand Ballroom	Total Force Fitness Update	Sgt. Maj. Bryan Battaglia, USMC, Senior Enlisted Advisor to the Chairman
<b>Lunch - On Your Own - 11:20 a.m. - 1:00 p.m.</b>			
1:00 p.m. - 2:30 p.m.	Congressional Hall A&B	<b>Individual Breakout Session:</b> Resilience First Aid Techniques	Lt. Col. Curtis Strader, USMC
	Mt. Vernon Square A&B	<b>Unit Breakout Session:</b> Peer to Peer Support	Lt. Cmdr. Andrew Martin, USN
	Grand Ballroom	<b>Family Breakout Session:</b> Family Resilience Session	Sgt. 1st. Class Grover Beck, USA
	Meeting Room 3	<b>Community Breakout Session:</b> Communications	Kirsten Woodward, LCSW
	Penn Quarter	<b>Combat Operational Stress First Aid (COSFA) - Session 1*</b>	Cmdr. Sean Convoy, USN Cmdr. Jean Fisak, USN
<b>Break 2:30 to 3:00 p.m.</b>			
3:00 p.m. - 4:30 p.m.	Mt. Vernon Square A&B	<b>Individual Breakout Session:</b> Decision Making Skills	Master Sgt. Michael Foote, USA
	Grand Ballroom	<b>Unit Breakout Session:</b> Leader's Mitigating Stress	Glenn Garcia, USAF
	Meeting Room 3	<b>Family Breakout Session:</b> Physical and Nutritional Resilience	Lt. Col. Dana Whelan, USAF Lauren King, USMC
	Congressional Hall A&B	<b>Community Breakout Session:</b> Best Practices for Community Resources/Social Media	Brittany Brown, U.S. Army Office of the Chief of Public Affairs Jennifer Elzea, OSD/Public Affairs Capt. J.A. Surette, USN, APR
	Penn Quarter	<b>Combat Operational Stress First Aid (COSFA) - Session 2*</b>	Cmdr. Sean Convoy, USN Cmdr. Jean Fisak, USN
4:30 p.m. - 5:00 p.m.	Grand Ballroom	Social Fitness Domain	Maj. Todd Yosick, USA
5:00 p.m.	Grand Ballroom	Wrap Up	Cmdr. George Durgin, USPHS
<b>Brothers at War - 7:00 p.m.</b>			

**WRC IV Agenda**  
**Restoring Readiness: Individual, Unit, Family and Community**  
**March 30, 2012**

<b>Time</b>	<b>Location</b>	<b>Agenda Item</b>	<b>Speaker</b>
7:00 a.m. - 5:00 p.m.	Registration		
8:00 a.m. - 8:05 a.m.	Grand Ballroom	Administrative Announcements and Welcome Remarks	Cmdr. George Durgin, USPHS
8:05 a.m. - 8:30 a.m.	Grand Ballroom	Senior Leader Remarks	Brig. Gen. Bryan Gamble, USA, Deputy Director of TRICARE Management Activity
8:30 a.m. - 9:00 a.m.	Grand Ballroom	Keynote Address	Gen. Martin Dempsey, USA, Chairman of the Joint Chiefs of Staff
<b>Break 9:00 a.m. - 9:30 a.m.</b>			
9:30 a.m. - 11:00 a.m.	Grand Ballroom	<b>Individual Breakout Session:</b> Resilience First Aid Techniques	Lt. Col. Curtis Strader, USMC
	Congressional Hall A&B	<b>Unit Breakout Session:</b> Peer to Peer Support	Lt. Cmdr. Andrew Martin, USN
	Mt. Vernon Square A&B	<b>Family Breakout Session:</b> Family Resilience Session	Sgt. 1st. Class Grover Beck, USA
	Meeting Room 3	<b>Community Breakout Session:</b> Communications	Kirsten Woodward, LCSW
	Penn Quarter	<b>Combat Operational Stress First Aid (COSFA) - Session 3*</b>	Cmdr. Sean Convoy, USN Cmdr. Jean Fisak, USN
<b>Lunch - On Your Own - 11:00 a.m. - 12:45 p.m.</b>			
12:45 p.m. - 1:15 p.m.	Grand Ballroom	Medal of Honor Recipient	Sgt. 1st Class Leroy Petry, USA
1:15 p.m. - 2:15 p.m.	Grand Ballroom	Brothers at War	Panel
2:15 p.m. - 2:45 p.m.	Grand Ballroom	Unit Fitness	Mark Bates, Ph.D.
<b>Break 2:45 p.m. - 3:15 p.m.</b>			
3:15 p.m. - 4:45 p.m.	Congressional Hall A&B	<b>Individual Breakout Session:</b> Decision Making Skills	Master Sgt. Michael Foote, USA
	Mt. Vernon Square A&B	<b>Unit Breakout Session:</b> Leader's Mitigating Stress	Glenn Garcia, USAF
	Meeting Room 3	<b>Family Breakout Session:</b> Physical and Nutritional Resilience	Lt. Col. Dana Whelan, USAF Lauren King, USMC
	Grand Ballroom	<b>Community Breakout Session:</b> Best Practices for Community Resources/Social Media	Brittany Brown, U.S. Army Office of the Chief of Public Affairs Jennifer Elzea, OSD/Public Affairs Capt. J.A. Surette, USN, APR
	Penn Quarter	<b>Combat Operational Stress First Aid (COSFA) - Session 4*</b>	Cmdr. Sean Convoy, USN Cmdr. Jean Fisak, USN
4:45 p.m.	Grand Ballroom	Wrap up	

**\*Note:** The Combat Operational Stress First Aid breakout session will run throughout the duration of the conference. If you decide to attend this session, you will need to attend all four components.