

6:00 p.m. – 6:10 p.m.	Delegates and dignitaries move to Main Auditorium for The HEALinc Exhibition Hall Grand Opening Remarks from the Minister of Health and The HEALinc Summit Public Lecture.
6:10 p.m. – 7:30 p.m.	HEALinc Summit Official Opening Ceremony Main Auditorium (<i>Atlantis Theatre</i>)
6:10 p.m.	Call to Order and Introduction of Minister of Health Retired US Army Colonel Arnold Strong
6:10 p.m. – 6:20 p.m.	The Honorable Dr. Michael Darville, Minister of Health, brings remarks and declares the Summit officially open.
6:20 p.m. – 6:30 p.m.	Connecting the Dots: Day 1 Summit Highlights Dr. Desirée Cox, CEO/Founder of the HEALinc Future Health Innovation Summit, synthesizes the key points and highlights from Day 1 Summit lectures and panels for the wider public and introduces the public lecture.
6:30 p.m. – 7:10 p.m.	ANNUAL PUBLIC LECTURE: An Ecosystem of Wellbeing to Cultivate Mental Health, Post-Traumatic Growth, and Quality of Life Cassandra Vieten, PhD <i>Director, John W. Brick Mental Health Foundation; Director, Center for Mindfulness, University of California, San Diego</i> Cultivating mental and emotional health and wellbeing is crucial to not only living a long and healthy life, but elevating quality of life. In this presentation you will learn how mental health and wellbeing is being redefined, and how it can be cultivated using an ecosystem of factors that work together to foster emotional balance and psychological thriving. We will also discuss practices and tools for supporting post-traumatic growth, and how positive stress can be used to build resilience.
7:10 p.m. – 7:30 p.m.	Q&A Session

DAY 1 ENDS

All delegates (including Bridging-the-Future STEM students) are invited to network, engage and be photographed with the international keynote speaker and government dignitaries.