



**North Carolina Law Enforcement Women's Association**  
**67th Annual Conference**



Sept. 18 – 21, 2023

Shell Island Resort

Wrightsville Beach

North Carolina

**Conference Itinerary**

**Monday (9/18/23)**

0800 – 1200	Registration	NCLEWA	Soundview Ballroom
1300 – 1330	Welcome	President M. Williams	Soundview Ballroom
	Opening Prayer	Chaplain M. Davis	
1330 – 1350	Thank You!	A.G. J. Stein	Soundview Ballroom
1350 – 1400		Break	
1400 – 1700	The “T” Word & How to Fix It	J. Cook	Soundview Ballroom
1700 – 1745	iRest Meditation	C. Davis	Soundview Ballroom <i>Optional</i>
1600		Hotel Check-in Begins	
1730 – 1915	Group Activity	J. Cook	101 S. Water Street Wilmington, NC 28401 <i>Optional</i>

**Tuesday (9/19/23)**

0700 – 0800	Morning Yoga	C. Davis	Beachfront <i>Optional</i>
0830 – 1100	Financial Security	M. Williams / M. Brown / Alfreda Hagens	Soundview Ballroom
1100 – 1115		Break	
1115 – 1230	Helping Our Brothers and Sisters	J. Billups / J. Cook	Soundview Ballroom
1230 – 1330		Lunch (On Your Own)	
1330 – 1430	Helping our Brothers and Sisters	J. Billups / J. Cook	Soundview Ballroom
1430 – 1445		Break	
1445 – 1700	The Body Keeps Score	J. Billups / J. Cook	Soundview Ballroom

1700 – 1745	iRest Meditation	C. Davis	Soundview Ballroom <i>Optional</i>
1900 – 2200	Group Activity	J. Cook	8 Market Street, Wilmington, NC <i>Optional</i>

### Wednesday (9/20/23)

0700 - 0800	Morning Yoga	C. Davis	Beachfront <i>Optional</i>
0830 – 1000	Self-Care for Criminal Justice Professionals	J. Cook	Soundview Ballroom
1000 – 1200	What to Expect from Your Agency	L. Farris / C. Davis	Soundview Ballroom
1200 – 1300	Lunch (On Your Own)		
1300 – 1700	Wellness Event	J. Cook	Multiple Locations
2000 – 2030	Stress RELEASE	M. Brown	Hotel Beachfront <i>Optional</i>

### Thursday (9/21/23)

0830 – 0945	Morning Yoga	C. Davis	Hotel Beachfront <i>Optional</i>
0945 – 1000	Break		
1000 – 1200	The Art of Impossible	C. Davis	Soundview Ballroom
1200 – 1245	iRest Yoga	C. Davis	Soundview Ballroom <i>Optional</i>
1345 – 1800	Self-Care	J. Cook	Self-Determined
1800 – 2000	Annual NCLEWA Banquet Awards Ceremony & Scholarship Presentations	<i>Oceanview Ballroom Shell Island Resort</i>  <i>Dinner Provided</i>	

### Friday (9/22/23)

0900	Hotel Check-Out		
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