



Friday Pre-Event

We will hold a screening of award winning filmmaker David Weissman's (whose other films include: *The Cockettes* and *We Were Here*) *Conversations with Gay Elders* on Friday, January 26th in the Oakland Marriott City Center Junior Ballroom on the Mezzanine Floor. This evening will also include a discussion with the filmmaker. Doors open at 5:30 pm and the film will begin at 6 pm. This event runs until 8:00 pm.

Overview

Mind, Body, Soul is an exciting free event celebrating and supporting the health and wellness of our diverse gay communities. The event features dynamic workshops and presentations on topics such as relationships and intimacy, building a spiritual foundation, increasing safe sexual pleasure, respecting diversity, body awareness, and the art of healing.

The day will include a special appearance by rapper, reality TV star, and LGBTQ activist Milan Christopher as well as good food and music. **Mind, Body, Soul** will provide the opportunity for attendees to build connections and fellowship as well as add your voices and insights in discussions which affirm and support the health and well-being of gay men.



AGENDA

- 9:00 - 9:30 Registration, Coffee, Meet and Greet
Meet Our Community of Participants, Presenters, and Exhibitors!
Oakland City Center Marriott, Mezzanine Level, Junior Ballroom
- 9:30 - 9:40 **Welcome to Mind, Body, and Soul!**
Tim Vincent, Matthew Millspaugh, and Kevin Jones
Wakan Wiya Two-Spirit Community Drum
Junior Ballroom
- 9:40 - 10:30 **Queer Voices and Other Love Songs: Envisioning and Enacting the Diversity of LGBTQ2S Minds, Bodies, and Souls**
Andrew Jolivette and George Ayala
Junior Ballroom
- 10:45 - 12:00 **Workshops Group 1:**
- PREP: Practicing Respect and Empathy in Partnership for Men of Color**
Phoenix Smith
Room 210, Theme: Mind
- The Art of Healing**
Terrence Gore
Room 208, Theme: Mind, Body, Soul
- How Strong is your Spiritual Foundation?**
Tony Bradford
Uptown Room, Theme: Soul
- Cross Generational Communication Among Gay Men**
David Weissman
Room 211, Theme: Connection
- Good Vibrations Pleasure Positive Show and Tell**
Andy Duran
Junior Ballroom, Theme: Body

- 12:00 - 12:30 EXHIBITOR SHOWCASE: Meet and Connect - Win Prizes!!
- 12:00 - 1:00 LUNCH --- Boxed lunches provided
- 12:30 - 1:15 **Let's Talk About Sex**
Jacob Yang, Jason Smith, Tadd Tobias, Duran Rutledge
Junior Ballroom
- 1:30 - 2:45 **Workshop Group 2:**
- The 3 Key Indicators of Whether You're Pursuing the Right Relationship in the Right Way**
Scott Tsui
Room 208, Theme: Mind
- Basking in the Vibes of the Rainbow: Embodied Yoga for All Bodies and Chakra Sound Bath Ritual**
Ken Breniman
Room 210, Theme: Mind, Body, Soul
- Spiritual Care: Bridging the Gap Between Church Hurt and Healing**
Camryn Crump and Robert Newells
Uptown Room, Theme: Soul
- Hooking up with Trans Masculine Folks: An Interactive Discussion**
Niko Kowell
Room 211, Theme: Connection
- Condom Fit & Sexual Pleasure**
Joshua O'Neil
Junior Ballroom, Theme: Body
- 3:00 - 3:30 **SPECIAL GUEST APPEARANCE: MILAN CHRISOPHER**
Staying Connected: Mind, Body, and Soul
Milan Christopher
Junior Ballroom
- 3:30 - 4:00 EXHIBITOR SHOWCASE: Meet and Connect - Win Prizes!!
- 4:00 - 4:45 **unMasking Healthy Relationships**
Ashanti Branch
Junior Ballroom
- 4:45 - 5:00 Closing- and Invitation to Post-Event After Party
Party Location: Oakland LGBTQ Center

Mixer & After Party @ the [Oakland LGBTQ Center](#)

Hosted by Milan Christopher of Love & Hip Hop

Saturday January 27, 5:00 pm - 11 pm

Featuring a virgin happy hour, mocktail party, food, DJ's, singers, dancing, spoken word, and game room
+ giveaways

Supporters

We'd like to thank the following supporters:

- Alameda County Public Health Department
- California State Office of AIDS, Prevention Program Implementation Section
- Oakland LGTBQ Center
- Good Vibrations
- MSM Global Forum
- Supported by a grant from the California Health Care Foundation, Oakland, CA



California Health Care Foundation
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Planning Committee

We'd like to extend a special thank you to the planning committee. Their leadership has brought our community together to create a positive and healthy series of events!

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