



Mental Health & Nutrition Network

Zoom Meeting Link:

<https://uwyo.zoom.us/j/97488109502>

October 14, 2025

Time (MT)	Topic
8:00 AM	Opening aka Brag Box Dr. Grace Shearrer, University of Wyoming
9:00 AM	Updates from working groups (working group leads)
10:00 AM	Break
10:30 AM	"National Extension Mental Health & Well-being Community of Practice", Dr. Jen Mroch, University of Wisconsin
11:00 AM	"Master Wellness Program at the University of Arizona" Gayle Gratop, University of Arizona
11:30 AM	Discussion: How to apply National Extension Mental Health and Wellbeing Community of Practice and Master Wellness into MHNN Dr. Alison Brennan, Montana State University
12:00 PM	Lunch Break
1:00 PM	Reviewing goals for upcoming year
2:00 PM	Break
3:00 PM	Road mapping for year 2
4:00 PM	Close day 1

October 15, 2025

Time (MT)	Topic
8:00 AM	Reflections on day 1 Dr. Grace Shearrer, University of Wyoming
8:30 AM	New chair and vice chair election Dr. Grace Shearrer, University of Wyoming
9:30 AM	Break
10:00 AM	SNAP Ed conversation kickoff: "Moving Forward" Macy Helm, University of Nevada Extension
10:30 AM	Moving forward: incorporating goals for the upcoming year and meeting new challenges
11:00 AM	Dr. Nora Nock – "Enhancing Exercise and Nutrition in People with Substance Use and Co-occurring Mental Health Disorders"
12:00 PM	Meeting Close

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Website: <https://www.wrmhnn.org/>