

INDEPENDENT 9th Annual
WELLNESS SUMMIT March 2-7

cultivate connections

Listening Guide





Hello friend,

We are honored to host you for the ninth annual InDependent Wellness Summit: ***Cultivate Connections***, hosted by InDependent, Corie Weathers, Britni Miltner, and our partners in wellness, the USO, USAA, Military Spouse Advocacy Network (MSAN), and Military Families Magazine. It has been our honor to put on this event for service spouses for nine years!

Life as a service spouse can be unpredictable and isolating at times, and we know that can make it difficult to find the time and ability to focus on your own well-being. That's why we're carving out our own little corner of the internet to make it easy for you to prioritize yourself. We've put together a week of wellness and this guide to help you create a retreat-like atmosphere that fits into your everyday life. Whether you are stationed overseas, pushing play in between tasks at home, or listening in real time, you are sure to benefit from the amazing speakers we have scheduled for this year's summit. We hope you can set aside time for yourself to find that deep connection with yourself, others and the world around you.

Military spouse General Admission participants will also have the opportunity to join the [Instant Teams Community Military Spouse Wellness space](#) where we will be getting to know each other and participating in daily chats. The Instant Teams Community is a safe, 100% verified military & veteran spouse community. This milspouse community welcomes all verified active duty spouses, veteran spouses, & retiree spouses.

We're glad you've joined us. Your wellness matters!

We hope you'll fill these pages with actionable steps to incorporate in your life, resources mentioned during the interviews, or quotes that stood out to you.

Together, we can nurture meaningful connections with ourselves, with others, and with the world around us.

In Health,
Team IWS25

TOGETHER WE'RE INDEPENDENT™

Summit Info

HOW IT WORKS

From March 3-7, 2025 we will release ten interviews with experts in their fields of wellness. You have until 5pm EST each day to upgrade your ticket to an All-Access Pass to be entered into the daily giveaways. Upgrade via your [summit dashboard](#) or your summit email!

March 7th is when we'll wrap up the week in our [Instant Teams Community Military Spouse Wellness space](#) and give away our IWS25 summit prize. You have until 12pm EST to [upgrade](#) your ticket to an All-Access Pass to be entered into the grand prize giveaway that will be announced on our [InDependent Facebook Page](#).

LISTENING GUIDE

You'll find a breakdown of takeaways, resources, and action items listed for each day.

SUMMIT GOALS

- Make a commitment to prioritize your wellness
- Make a listening plan for the week
- Allow yourself space and time to rediscover wellness habits that make you feel great
- Feel confident asking for help and communicating your needs
- Get outside for some mindful movement and fresh air
- Eat food that nourishes your body

SHARE YOUR EXPERIENCE

We want to know how you're enjoying the summit! Tag [@independentorg](#) (Instagram) or [@independentorg1](#) (Facebook) to share your summit experience. We may feature you! Also, some giveaways are tied to social media participation.

Are you a military or veteran spouse? We have a dedicated space on the Instant Teams Community app just for you! It's free to join and we'll be there all summit long (and after!). Join here: www.twelvemillionplus.com/spaces/10784749/



Hashtags: #IWS25 and #IDthrive

Follow us on social for inspiration, stories, and resources:

 facebook.com/independentorg1

 [@independentorg](https://instagram.com/independentorg)

INDEPENDENT WELLNESS SUMMIT

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Summit Agenda

PRE-EVENT • SUNDAY, MARCH 2, 2025

Prep for a successful summit week with InDependent

DAY 1 • MONDAY, MARCH 3, 2025

Sponsored by the USO

Cultivate Belonging
with Charles Vogl, M.Div

Cultivate Self-Discovery
with Kellie Artis, CNET

DAY 2 • TUESDAY, MARCH 4, 2025

Sponsored by USAA

Cultivate Open Communication
with Zach Watson

Cultivate Financial Wellness
with Louvenia Locklear, LCSW,
CFSW

DAY 3 • WEDNESDAY, MARCH 5, 2025

Sponsored by Legacy Magazine

Cultivate Authentic Growth
with Laurel Smith

Cultivate Genuine Connections
with Cindy Sullivan, MS

DAY 4 • THURSDAY, MARCH 6, 2025

Sponsored by Military Spouse Advocacy Network

Cultivate Joy Thorough Change
with Toya Cheri

Cultivate Mindful Nourishment
with Kate Lyman, MPH, CHES

DAY 5 • FRIDAY, MARCH 7, 2025

Sponsored by Military Families Magazine

Cultivate a Flourishing Life
with Maria Mendez Reed

*Cultivate Strength During
Transitions* with Joanne Lipman

Get Ready for The Summit

Pre-Event • Sunday, March 2, 2025

Breakout Session via [Instant Teams Community Military Spouse Wellness space](#):

1:30 PM EST

Prep for a successful summit week with
InDependent | LIVE

MARCH 3-7, 2025 | CULTIVATE CONNECTIONS

JOIN US in the [Instant Teams Community Military Spouse Wellness space](#) for:

- IWS25 Interview discussions
- Nothing is Wasted: Connecting to Purpose in Each Season | Workshop with Lindsay Swoboda

Choose three interviews you are committed to listening to during summit week:	
1	
2	
3	



Cultivate Belonging with Charles Vogl, M.Div

TAKEAWAYS

RESOURCES

DAILY

WEEKLY

MONTHLY

ACTION ITEMS

Cultivate Self-Discovery with Kellie Artis, CNET

TAKEAWAYS

RESOURCES

DAILY

WEEKLY

MONTHLY

ACTION ITEMS



Cultivate Open Communication with Zach Watson

TAKEAWAYS	ACTION ITEMS	DAILY
RESOURCES		WEEKLY
		MONTHLY

Cultivate Financial Wellness with Louvenia Locklear, LCSW, CFSW

TAKEAWAYS	ACTION ITEMS	DAILY
RESOURCES		WEEKLY
		MONTHLY

Cultivate Authentic Growth with Laurel Smith

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		WEEKLY
RESOURCES		MONTHLY

Cultivate Genuine Connections with Cindy Sullivan, MS

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Cultivate Joy Through Change with Toya Cheri

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Cultivate Mindful Nourishment with Kate Lyman, MPH, CHES

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MONTHLY

ACTION ITEMS

Cultivate a Flourishing Life with Maria Mendez Reed

TAKEAWAYS	ACTION ITEMS	DAILY
		WEEKLY
		MONTHLY
RESOURCES		

Cultivate Strength During Transitions with Joanne Lipman

TAKEAWAYS	ACTION ITEMS	DAILY
		WEEKLY
		MONTHLY
RESOURCES		

Summit Snack Suggestion

Recipes from Franco Lopez III, RD, CD, LD, CDCES

Prosciutto Wrapped Apricots

INGREDIENTS

- 1 cup dried apricots
- 7 ¾ oz. prosciutto (cut in half)

DIRECTIONS

Gently wrap each dried apricot with prosciutto. Enjoy!

NOTES

- Leftovers: Refrigerate in an airtight container for up to three days.
- Serving Size: One serving equals approximately four to five prosciutto-wrapped apricots.
- Additional Toppings: Add goat cheese and walnuts.

Hummus Dippers

INGREDIENTS

- 1 yellow bell pepper
- 1 carrot
- 4 stalks celery
- 1 cup hummus

DIRECTIONS

Slice your pepper, carrot and celery into sticks.

Line up one small mason jar per serving (we like to use size 250 ml).

Fill the bottom of each with 1/4 cup hummus.

Then place the veggie sticks into the hummus so that they are standing vertically.

Seal the jar and place in the fridge until ready to eat. Enjoy!

NOTES

- Leftovers: Refrigerate for up to four days.
- Mix it up: Substitute in different veggies like cucumber or zucchini.



The USO offers a variety of programs for military spouses around the world to get connected, feel empowered, and have fun!



Get connected with the USO

[USO.org/MilitarySpouse](https://www.uso.org/MilitarySpouse)



MIL SPOUSES TAKE CARE OF BUSINESS.

And USAA's here to help.

FACTS.

USAA proudly helps military spouses save money, reach financial goals and protect what's most important.



Become a member today.



I N D E P E N D E N T

InDependent is a wellness community built by military spouses for military spouses of all branches of the U.S. Armed Forces. We offer a positive and inclusive community platform for military spouses to connect through in-person and virtual wellness programs and resources.

In 2013, five military spouses identified a need within the community for a tailored social wellness program that offered a sense of inclusion for spouses of all branches of the U.S. Armed Forces. Thus, InDependent came to fruition.

Fast-forward to today, having merged with The Other Side of Service (OSS) to become a stand-alone 501(c)(3) non-profit organization, InDependent, Inc., we're able to continue our mission to:

make wellness accessible and create opportunities for all military spouses to connect for friendship, accountability, and inspiration.

The InDependent Wellness Summit™ began in 2015 and was originally called the Military Spouse Wellness Summit. In 2016, we renamed it the InDependent Wellness Summit™.

Learn more about InDependent and how you can get involved at www.in-dependent.org