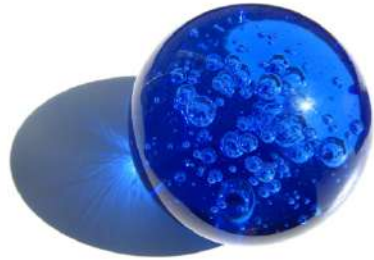


**Keynote Speaker:**

**Dr. Wallace J. Nichols**

**Author of Bestseller 'Blue Mind'**





**WHAT IF?**

# VITAMIN BLUE



**vi·ta·min blue** 'vīdəmən/ blō̄/ *noun*

1. Any of a group of aquatic activities and experiences that are essential for healthy minds and bodies and are required in small quantities in our lives because they cannot be simulated by apps or VR.

