

# Emerging Trends in Wellness

Thursday, April 8, 2021, Agenda



Time	Event/Topic	Speaker
8:15 - 8:45am	Welcome!	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays
8:45 – 9:30am	<b>The Empathetic Workplace</b>	Katharine Manning Blackbird
9:30– 10:45am	<b>Transitioning Your Wellness Program Through 2021 and Beyond</b>	Moderator: Debra Wein, MS, RDN, CWPD, Wellness Workdays Karen Bishop, Millipore Sigma Tawny Farley, MS, City of Portland, ME
10:45 - 11:05am	Break	Stretch & Flex With a Health Coach
11:05 – 11:50am	<b>Building Health:</b> Leveraging the Physical Workplace for Employee Wellness	Dr. Nathan Jones US Air Force
11:50 – 12:00pm	Wellness Workdays	Introduction
12:00 - 12:30pm	Lunch	On your own
12:30 – 12:40pm	OMC Wellness	Introduction
12:40 – 1:10pm	<b>Turner Construction; A Case Study Of Innovation in Safety and Well-Being</b>	Jamie Evans, Turner Construction Chris Guild, OMC Wellness
1:10 – 2:15pm	<b>Best Wellness Employers</b>  2021 Gold Recipients Panel	Moderator: Lauren Desmond, MS, RDN, LDN, Wellness Workdays Martha Gagnon, A.I.M. Mutual Insurance Co. Kristina Ewing, Andersen Construction JoJo Ogg, Jefferson County, Colorado Ben Billings, Mount Desert Island Hospital Colleen Zanarini, South County Health
2:15 – 2:30pm	Break	Mindful Minute With a Health Coach
2:30 -3:15pm	<b>Growing Resilience for Healthier Workforces and Stronger Communities</b>	Dr. Stuart Lustig National Medical Executive for Behavioral Health, CIGNA
3:15 – 4:00pm	<b>Am I a Jerk at Work? How to Combat Implicit Bias</b>	Stacy Bernal See Stacy Speak
4:00 – 4:10pm	Break	Stretch & Flex
4:10 – 4:55pm	<b>The Change Curve: Leadership Perspectives on Managing Change</b>	Gabriel Castillo RecStar Consulting
5:00pm	Wrap Up	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays