

Emerging Trends in Wellness Conference

Thursday, April 6, 2023

Agenda



Time	Event/Topic	Speaker
8:30 - 9:00am	Welcome! Celebrating 10 Years	Debra Wein, MS, RDN, CWPD CEO & Founder, Wellness Workdays
9:00 - 10:00am Keynote	Behind the Curtain: Examining the Business Case for Workplace Wellness	Larry Chapman, MPH, CWWPC President & CEO, Chapman Institute
10:00 - 11:15am	The Evolution of Employee Mental Health: Industry Panel	Bill Aalerud, Columbia Glenn Haskell, New Balance Jodi Mills, MPH, Maine Bankers Association Moderator, Debra Wein, MS, RDN, CWPD
11:15 - 11:30am	Stretch Break	WW Health Coach- Amore Douglas, MEd
11:30 - 12:15pm	Workplace Wellness: Designing A Process to Promote Outcomes	Lauren Desmond, MS, RDN Accounts Manager, OMC Wellness
12:15 - 12:45pm	Lunch	On Your Own
12:45 - 1:30pm	Level Up Employee Well-Being: Techniques to Help You and Your Team Alleviate Overwhelm and Prevent Burnout	Amy Ames President, Amy Ames Coaching
1:30 - 1:45pm	Welcome to Wellness Workdays	Robin Roberts Director of Operations & Business Development, Wellness Workdays
1:45 - 2:30pm	Shifting Mindset for Optimal Workforce Productivity	Chris Guild, CHWC, MINT Director of Training & Client Strategy, Wellness Workdays
2:30 - 2:45pm	Mindfulness Break	WW Health Coach - Emily Reh, CHES
2:45pm-4:00pm	Best Wellness Employers Sharing Best Practices & Approaches	Panel of Employers Moderator, Sarah Royle, Wellness Workdays
4:00 - 4:15pm	Wrap Up	Debra Wein, MS, RDN, CWPD