

# Emerging Trends in Wellness Conference

Thursday, April 6, 2023



## Agenda

Time	Event/Topic	Speaker
8:30 - 9:00am	<b>Welcome! Celebrating 10 Years</b>	Debra Wein, MS, RDN, CWPD CEO & Founder, Wellness Workdays
9:00 - 10:00am Keynote	<b>Behind the Curtain: Examining the Business Case for Workplace Wellness</b>	Larry Chapman, MPH, CWWPC President & CEO, Chapman Institute
10:00- 11:15am	<b>The Evolution of Employee Mental Health: Industry Panel</b>	Bill Aalerud, Columbia Glenn Haskell, New Balance Jodi Mills, Maine Bankers Association Moderator, Ashley Chehab, MS, CWPC
11:15 - 11:30am	Stretch Break	WW Health Coach- Amore Douglas, MEd
11:30 - 12:15pm	<b>Workplace Wellness: Designing A Process to Promote Outcomes</b>	Lauren Desmond, MS, RDN Accounts Manager, OMC Wellness
12:15 - 12:45pm	Lunch	On Your Own
12:45 - 1:30pm	<b>Helping Employees Avoid Overwhelm and Blow Off Burnout</b>	Amy Ames President, Amy Ames Coaching
1:30 -1:45pm	<b>Welcome to Wellness Workdays</b>	Robin Roberts Director of Operations & Business Development, Wellness Workdays
1:45 - 2:30pm	<b>Shifting Mindset for Optimal Workforce Productivity</b>	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	<b>Best Wellness Employers Sharing Best Practices &amp; Approaches</b>	Panel of Employers Moderator, Sarah Royle, Wellness Workdays
4:00 - 4:15pm	<b>Wrap Up</b>	Debra Wein, MS, RDN, CWPD

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