

Wellness: Redefined



THE NEW Center at NEOMED
Thursday, April 27, 2017

AGENDA

7:30-8:30am	Registration Open: Vendors Open
8:30-9:00am	Welcome Dr. Alida Moonen
9:00 – 10:00 am Keynote Ballroom	<i>Work Place Wellness That Works</i> <i>Laura Putnam</i> <i>Laura provides a fresh perspective on how to promote employee well-being in the workplace. Based on the latest research and backed by real-world examples and case studies, Laura will show you what you can do to start making a difference in your employees' health and happiness, and promote an overall culture of well-being throughout your organization.</i>
10:00 – 10:15 am	<i>MOVE Break</i>
	BREAKOUT SESSION
10:15 – 11:15 am Breakout Room A	Effective Cardiovascular Exercise: Increasing Your Fitness & Fat Burning Results Scott Mann <i>Consistent exercise tells the body to change. Effective exercise tells the body what changes to make. Scott's presentation will explain to participants the fundamental principles of cardiovascular exercise and how your aerobic capacity can increase your fat-burning, daily energy levels and overall health.</i>
Breakout Room B	Let's Talk About Mental Health Michelle Culley, M.Ed., LPC <i>Michelle will explore why mental health is so stigmatized and where we are today. She will provide tools for employers to conduct screenings or assessments on the job that will attract and not repel employees. Michelle will also instruct you on how to talk to someone, one-on-one, about mental health if you're not a mental health expert.</i>

<p>Breakout Room C</p>	<p style="text-align: center;">The Role of Wellness in Creating the New Leader Ron Davis</p> <p><i>We will look at characteristics of what constitutes a leader, referencing both past day characteristics and current publications/books such as “5 Types of Leaders”, “Start with Why”, among others. I will then make the comparison on how the best leaders not only take care of themselves, but they see to it that those that work with them are cared for and well themselves.</i></p>
<p>11:15-11:45</p>	<p>MOVE BREAK</p>
<p>BREAKOUT SESSION</p>	
<p>11:45-12:45 Breakout Room A</p>	<p style="text-align: center;">Nutrition: Redefined Adrienne Raimo, R.D., L.D.</p> <p><i>As a nation, we spend more on wellness than most others and yet our health outcomes and life expectancy don't match the investment. Perhaps it's time to take a look at the politics around food, company metrics of 'wellness', and to clear the confusion around what we should be doing to improve our health. Personalized medicine and nutrition depends on healthcare providers willing to take a comprehensive look at a patient's diet, genetics, food intolerances/sensitivities, sleep, stress levels, and more! Learn what real nutrition involves, why it's important and how to take small, sustainable steps to a higher level of wellness.</i></p>
<p>Breakout Room B</p>	<p style="text-align: center;">Employee Wellness: Successfully engaging every Generation Jerry Lynch</p> <p><i>Wellness is all around us. From healthier choices on menus, yoga studios on every block and employee wellness programs at work, we are surrounded. The question is, how do we get everyone on board? This presentation will discuss the different generations and how they perceive wellness, as well as how to engage each generation in a worksite wellness program.</i></p>
<p>Breakout Room C</p>	<p style="text-align: center;">Debunking the “Corporate Wellness is a Fad” Myth Bryce Rausch</p> <p><i>More companies than ever are investing in corporate wellness programs, yet, each spent penny is scrutinized and debated. Whether it's resistance to gaining executive buy-in or feeling pressure to quickly prove return-on-investment, corporate wellness leaders must overcome severe obstacles while promoting health and engaging employees. Analysts and executives continue to ask: “Is Corporate Wellness just a fad?” and our presentation will provide attendees with perspective of why the question is being asked and the most effective ways of proving that wellness is a critical piece to their organization's culture.</i></p>

12:45 – 2:00pm	LUNCH/NETWORKING/VENDOR SESSION
2:00-3:00 Ballroom	<p style="text-align: center;">Sleep your way to optimal wellness Dr. Kasia Hrecka</p> <p><i>The one-third of our lives that we spend sleeping is far from being “unproductive”. It plays a direct role in how full, energetic and successful the other two-thirds of our lives can be. When you sleep well, you feel better, you look better and your whole day is so much easier. Sleep is crucial for health of our immune system and for balancing of our appetites. New studies are, also, showing that there is a direct correlation between sleep deprivation and employee engagement and injury. She how you can join the sleep revolution.</i></p>
Breakout Room A	<p style="text-align: center;">Wellbeing and Business Performance Kay Lakhi, MS, RDN, LD, NHA</p> <p><i>For years wellness has primarily focused on physical health. More recently, the field has begun to also address mental and emotional health factors such as stress, but even more recent research suggests that is not enough. Instead, total wellbeing should now be our focus. When addressing total wellbeing we need to take into consideration personal purpose, career, connection to community, emotional, financial, and physical factors. That is exactly what the “wellness” programs of the future will do, although accomplishing it will take time. This presentation will address the current state of wellbeing in America, the business value of taking a broader approach, and describe the types of initiatives likely to have the greatest impact.</i></p>
Breakout Room B	<p style="text-align: center;">Financial Wellness: A Critical Piece to the Wellness Puzzle Michael Cheslock</p> <p><i>Employees feel the burden of financial stress daily and studies show they want support for their employer. Financial wellness is having an understanding of the individual’s financial situation and taking care of it in such a way that they are prepared for financial changes. Maintaining that balance consists of being comfortable with where money comes from and where it is going. This takes time and knowledge, two things employers and employees lack the most in the financial world.</i></p>

Breakout
Room
C

Mindfulness Matters

Dr. Myerscough

“Mindfulness has been shown to have numerous health benefits and to enhance our well-being. It has the potential to enhance productivity, creativity, and job satisfaction. Unfortunately, these effects cannot be guaranteed simply by teaching and encouraging mindfulness practice in the workplace. Mindfulness is not a technique that helps an employee to make better widgets. Indeed, it may be the case that when mindfulness is pursued as a means to make employees more efficient and therefore improve the “bottom line” this functional approach may actually preclude both its adoption and its effectiveness, alienate employees, and disappoint management. If mindfulness is to be promoted it is probably best pursued as an end in itself. The ways that one is changed by the practice are as variable as the practitioners. One may say that the ultimate purpose of the practice of mindfulness is to make us more aware of ourselves and our humanity. When management promotes awareness and humanity as its goals it is much more likely to realize a better bottom line.”