

# Washington Wellness Conference

March 23, 2016

## Agenda

8:30 to 9 a.m.	<b>Registration*</b>
9 to 9:15 a.m.	<p><b>Welcome*</b></p> <p><a href="#">Washington Wellness</a>: Scott Pritchard, Betsy Cottle, Aaron Huff, Pam Walker, and Ron Kim</p> <p><a href="#">Association of Washington Cities</a>: Julie McDowell and Jon Smith</p>
9:15 to 9:30 a.m.	<b>Icebreaker*</b>
9:30 to 10:45 a.m.	<p><b>Workplace Wellness that Works</b> by Laura Putnam (keynote)</p> <p>Laura Putnam, is the CEO of <a href="#">Motion Infusion</a>, author of <a href="#">Workplace Wellness that Works</a>, and Chair of the <a href="#">American Heart Association's Greater Bay Area 2020 Task Force</a>. In her keynote address, Laura will offer the latest research on how you can promote a culture of well-being in your organization. You will learn how to shift the conversation from implementing yet another program to <i>starting a movement</i>. In 10 steps, Laura will outline tangible ways that you can make a difference in your employees' health and happiness. She will also touch on health promotion hot topics such as effective ways to inspire behavior change, the truth behind motivation, and how to shift culture.</p>
10:45 to 11 a.m.	<b>Break*</b>
11 a.m. to noon	<p><b>SmartHealth Workshop</b></p> <p>This interactive session gives you the opportunity to develop a deeper understanding of <a href="#">SmartHealth</a> tools. The workshop will focus on how to create customized activities and how to use SmartHealth dashboard data to develop your wellness program, increasing participation, sustaining engagement, and creating a culture of health in the workplace.</p>
noon to 1:15 p.m.	<b>Networking lunch</b>

<p><b>1:15 to 2:30 p.m.</b></p>	<p><b>Sleep Health: Impact on the Workplace</b> by Dr. Dominic Munafo, M.D.</p> <p>Dr. Munafo is the Chief Medical Officer at <a href="#">Optisom</a>. Dr. Munafo will discuss how sleep health dramatically impacts the health, safety and productivity of the workforce, and why addressing sleep health is a vital component of a worksite wellness program.</p>
<p><b>2:30 to 2:45 p.m.</b></p>	<p><b>Break*</b></p>
<p><b>2:45 to 4 p.m.</b></p>	<p><b>Wellness: Secrets of Success, A Guide to Personal Health</b> by Tom Emerick</p> <p>Tom is the President of <a href="#">Emerick Consulting</a>, LLC and co-author of both <a href="#">Cracking Health Costs</a> and <a href="#">An Illustrated Guide to Personal Health</a>. Using examples and stories, Tom will discuss risk factors that are often poorly understood and are not addressed in the “doctor’s office.” Based on these risk factors, Tom will share novel ways to strengthen worksite wellness programs.</p>
<p><b>4 to 4:30 p.m.</b></p>	<p><b>Wrap-up</b></p>

\* Shared activity with the Association of Washington Cities