



Wellness Coordinator Training

February 22, 2016

1 p.m. to 4:30 p.m.

Washington State Department of Labor & Industries

Auditorium

7273 Linderson Way SW

Tumwater, WA 98501

[Map and directions](#)

Meeting link for virtual attendance:

<https://attendee.gotowebinar.com/register/8411823975667893505>

Agenda

1 to 1:10 p.m.	Introduction Alyssa Auvinen, Department of Health
1:10 to 1:50 p.m.	Healthy Nutrition Guidelines Mary Podrabsky, MPH, RD, University of Washington <ul style="list-style-type: none">• 2015 evaluation report on Healthy Nutrition Guidelines implementation in state agencies.
1:50 to 2 p.m.	Break
2 to 3:20	Stealth Health Zena Edwards, MS, RD, Nutrition Expert <ul style="list-style-type: none">• Learn how to nudge employees toward healthy behaviors.
3:20 to 3:30 p.m.	Break
3:30 to 4:30 p.m.	SmartHealth Report/Activities Washington Wellness

Note: you can join the training even after it starts. You can also find a link to a recorded version of the training once the file is ready at [Washington Wellness Meetings and Trainings webpage](#).

