

# All-Inclusive Wellbeing



Friday, April 12, 2019

## AGENDA

|                                       |   |
|---------------------------------------|---|
| 7:30-8:30am                           | Registration Open<br>Vendors Open   |
| 8:30-8:40am                           | <b>Welcome</b>  |
| 8:40 – 9:40 am<br>Featured<br>Keynote | <p><b><i>Why getting to 6+2 Normals is the Most Important Thing You Can Do for Your Country, Your Family and Yourself</i></b></p> <p>Dr. Roizen</p> <p>But what is 6+2 normals? Why should I care? Did we get your attention? Dr. Michael Roizen is the Cleveland Clinics Chief Wellness Director and Institute Chair. He is an award-winning author and has appeared on Oprah, 20/20, Dr. Oz and more. He will explain to you why you need to know about the 6+2 normals and why they are the most important thing you can do for your country, your family and yourself!</p>  |
| 9:40 – 10:00am                        | <i>BREAK</i>  |
| 10:00 – 11:00 am<br>Keynote           | <p><b><i>Battling our Current Health Crisis: A Community –Wide Approach to Health Promotions</i></b></p> <p>Jim Ellis</p> <p>Content for the presentation will include the importance of behavioral/lifestyle change and how to build integrated communities that support it. Jim will share details centering on our holistic approach to wellness that includes workplace, healthcare, education, community, and home. He will also provide insight for individuals on how they can advance holistic, integrated wellness efforts community-wide through their efforts, in their respective communities.</p>  |
| 11:00-11:15                           | <i>BREAK</i>  |
| 11:15-12:15<br>Guest<br>Keynote       | <p><b><i>Creating A Wellness Movement:<br/>Think Differently. Plan Accordingly. Create Life-long Change</i></b></p> <p>Angela Gaffney</p> <p>Most wellness programs are based on the results of a biometric test; the numbers tell the story and we set the plan. Wellness luncheons are scheduled, exercise challenges are posted, and weight loss competitions begin. The lunches close, the challenges wrap, and the winners are announced. And then something happens; people go right back to their old habits; the same habits that fed their excess weight, fatigue and disease in the first place. In this presentation, Angela talks about the secret behind creating a wellness movement; one that honors you, your team, your budget and ends with a return on investment.</p> |
| 12:15 – 1:15pm                        | <i>Lunch/Networking/Vendor Session</i>  |

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| <p>1:15-2:15<br/>Keynote</p> | <p><b><i>Digital Detangler: A Guide To Mindful Technology Use</i></b><br/> Pete Dunlap<br/> We live in an always-on world. Are your employees distracted by their devices? Are you? This program will explore realistic techniques for taking control back over how you and your employees spend their time online. Find out why one attendee described this session as "fundamental information needed by society."</p>   |
| <p>2:15-2:30</p>             | <p><i>BREAK</i></p>  |
| <p>2:30-3:30<br/>Keynote</p> | <p><b><i>The Opiate Crisis &amp; Drugs of Addiction in the Workplace</i></b><br/> Nancy Pommerening, OCPS<br/> The presentation will provide a brief overview of the causes of the current opiate crisis. We will also review the new medical marijuana law and its potential effect on the Ohio workplace. We will then review signs of intoxication by alcohol, opiate and marijuana. The program will conclude by offering a few practical ideas to improve safety, and encourage a drug-free work environment.</p> |
| <p>3:30-4:00</p>             | <p><b><i>Wellness 360 Award Ceremony</i></b><br/> <b><i>CLOSING</i></b></p>  |