



2015 Oregon School Employee Wellness Conference: The Power of US! Agenda at a Glance

Sunday - March 22nd

5:00-6:00 pm Registration Open at the Convention Center Lobby

6:00-8:00 pm Welcoming Reception: Come meet your fellow colleagues to learn more about each other's wellness efforts and to visit our outstanding wellness vendors who provide programs and services designed to make health promotion programs more successful. **Healthy appetizers, no host bar, chair massages and live music by Jerry Bannon and the County Line Band** Location: Cascade ABCDJ

Monday - March 23rd

6:30 am Start your day with a walk or run – meet your colleagues at the Convention Center Lobby

7:30 am Registration Open at the Convention Center Lobby

8:30 am Opening Session with Keynote Presentation: *Sticks & Stones Exposed: The Truth Behind Words & Relationships* Featuring nationally recognized speaker, Dave Weber!

For over 25 years Dave Weber's fun, high energy, and entertaining style have made him one of the country's most sought after speakers. Presenting well over 160 times each year to tens of thousands all across the country, he is often described as a "Chihuahua on caffeine" and is *always* a crowd favorite. Location: Cascade ABCDJ

Conference tracks:

Individual: Builds personal awareness and skills to improve overall health.

School: School-wide approach to creating a healthy environment for staff and students to learn, work and play.

Community: Developing community partnerships to leverage resources and achieve shared goals that promote the health and well-being of school employees, students and communities.

10:15 am Breakout Sessions

- Individual:** "I'm Spread So Thin You Can See Through Me!", presenter, Dave Weber Location: G
- Individual:** *Mindfulness-What, Why and How?*, presenter, Dr. David Boardman, Kaiser Permanente Location: E
- School:** *Improving the Health of Teachers and School Environments with Evidence-Based Wellness*, presenters, Dr. Linn Goldberg, OHSU, Alex Goldberg, Odyssey Science Innovations Location: F
- School:** *District Wellness Policy: Student and Staff Wellness*, presenters, Peggy Holstedt, OSBA, Suzanne Hidde, ODE, Kent Klewitz, Superintendent, Jefferson School District Location: I
- Community:** *Schools are Healthy Active Communities*, presenters, Lynne Mutrie, Oregon Safe Routes to School, Kari Schlosshauer, Safe Routes to School National Partnership, Kim Curley, Brian Potwin, Commute Option Location: H

11:45 am Lunch- Presentation of the Oregon ASCD's 2015 Educating the Whole Child Award for the 21st Century

❖ Wellness Vendor Exhibits Location: Cascade ABCDJ

1:15 pm Breakout Sessions

- Individual:** *Mindfulness-What, Why and How?*, presenter, Dr. David Boardman, Kaiser Permanente Location: G
- Individual:** *Eat Smart, Move More, Weigh Less*, presenter, Ellen Essick, North Carolina Department of Public Instruction, Kelly Nordby, North Carolina State University and North Carolina Division of Public Health Location: E
- Individual:** *Financial Wellness 101*, presenter, Teresa Muench, NEA Member Benefits Location: I
- School:** *Unraveling the Mystery of Motivation: concepts and specific tools for engaging, educating and empowering*, presenter Verna Burden, MS RD Location: F
- Community:** *Keeping the Focus on the Whole Child*, presenter, Chris Gutierrez, ASCD and Canby High School Location: H

3:00-4:00 pm Rejuvenation, Wellness Activities, and More

- Guided Walking, Alice Scholerman, Hillsboro School District **Meet at the Convention Center Lobby**
- Spinal Hygiene Class: Keeping Your Spine Aligned with Body, Spirit, and Mind!*, led by Dr. Sean Scaramuzzo, DC
Location: F
- Zumba led by Sarah Thompson, Zumba Instructor, Corvallis School District **Location: Deschutes B**
- School:** *Begin with the End in Mind: Launching a Successful SEW Program*, presenters, Kay Zimmerli, CWPM, Kaiser Permanente, Inge Aldersebaes, MPH, OEA Choice Trust, Gigi Sims, Wellness Coordinator, Corvallis School District.
Location: E
- "Get Reel Healthy"*
Special showing of **Quiz Ed!**
Join Elizabeth Engberg, Kaiser Permanente, to watch this fun, fast-paced riddles and stories connect the dots between food, exercise, and good health in this kid-friendly 30-minute movie produced by HBO. Network with others and share ideas on how you are engaging your students in the classroom. **Location: G**

4:15 – 5:15 pm Watch 'n Learn with Weight Watcher Chef, Ryan Hutmacher! **Location: Cascade ABCDJ**

Enjoy Chef Ryan's informative style and fun-loving personality while he cooks on stage and stay for an informal dialog while experiencing some of his tasty creations.

Tuesday - March 24th

- 6:30 am **Start your day with Zumba led by Sarah Thompson and Thomas Tangney **Location: Deschutes B****
Fun Run/Walk with Moda Health's Dominique Lopez-Stickney **Meet at the Convention Center Lobby**

8:30 am Breakout Sessions

- Individual:** *Curious About Hypnosis? Learn to Use Self-Hypnosis to Reduce Stress, Lose Weight, Stop Smoking & Be Healthier*, presenter, Glen Bledsoe, Oak Springs Wellness Center **Location: F**
- School:** *From Policy to Practice: School Solutions on Creating a Breastfeeding-Friendly Environment*, presenter Robin Stanton MA, RD, LD, Oregon Health Authority, Public Health Division, Center for Prevention & Health Promotion
Location: H
- School:** *Collaborating for synergy – Partnering for Total Worker Health™*, presenters, Deborah Fell-Carlson, RN, MSPH, COHN-S, FAAOHN, Bryan Burnette, SAIF, Laura Pavlat, Springfield Public Schools, Charis Allenbaugh, PacificSource **Location: I**
- Community:** *Laughaceuticals*, presenters, Stephanie Cordell, Tricia Castañeda-Gonzales, Teaching Artists, Kaiser Permanente's Educational Theatre Program **Location: G**
- Community:** *Make it, Take it, Give it. You'll Feel Better. Learn more about how arts, crafts and volunteering enhance personal wellness.*, presenter, Carrie Townsend, Moda Health **Location: E**

10:15 am Breakout Sessions

- Individual:** *From Abs of Steel to Zucchini: Increasing skills and strategies for healthy eating and exercise to fit your individual health goals*, Dominique Lopez-Stickney, Moda Health **Location: E**
- Individual:** *Taking in the Good: Understanding and Managing Stress*, presenter, Tracey Smith, Moda Health
Location: G
- School:** *Finally some good news about diabetes- Delaying/preventing diabetes in those at high risk!*, presenters, Don Kain, MA, RD, LD, CDE, Oregon Health & Science University, Kathy Hayden, Oregon Coordinated Care Organization
Location: F
- School:** *The Basics: Steps for Creating a Successful School Employee Wellness Program*, presenter, Ellen Essick, North Carolina Department of Public Instruction **Location: I**
- Community:** *Connecting the Dots: Building Public Health and Education Partnerships for Healthy Schools*, presenters, Kris Williams, Crook County Public Health, Peggy Holdstedt, OSBA, Carolyn Harvey, Jefferson County Let's Talk Diversity Coalition, Julie Mack, Centennial School District **Location: H**

11:45 am Celebration Lunch and Closing Remarks given by Hanna Vaandering, OEA President

- ❖ Drawing the winner of the STEP Challenge! **Location: Cascade ABCDJ**