



Sixth Annual Journey to Wellness Meeting Thursday, October 23, 2014 *Agenda*

- 9:30am** **Welcome and Introductions**
(Holly Spruance- OEA Choice Trust Executive Director)
- 9:45am** **“Mingle, Mingle”**
(Kay Zimmerli -Kaiser Permanente and Inge Aldersebaes – OEA Choice Trust)
- 10:15am** **“Employee Engagement”**
- **Union Leadership** *(Tamar Schnepf- Kaiser Permanente and Marie Traeger-Silver Falls School District) Room 105*
 - **Hard to Reach Employees (Total Worker Health)** *(Dede Montgomery-OHSU, Deb Fell-Carlson-SAIF Corporation and Laura Pavlat-Springfield Public Schools) Room 106*
 - **Employee Driven- Site Based** *(Theresa Ross-Klamath County School District, Mariane Pope-Newberg School District, Gigi Sims-Corvallis School District) Room 104*
- 12:00pm** **Lunch**
- 12:45pm** **“Networking Activity”**
- 1:45pm** **Break/Physical Activity**
(Amy Dushane – OEA Choice Trust)
- 2:00pm** **Keynote Speaker, Leigh Anne Jasheway**
- “The Journey to Wellness Begins with 1,000 Laughs”**- Is helping other people get healthy stressing you out? Learn how letting go with laughter can save your life and your sanity, not to mention make your job more fun. Did you know there are dozens of types of laughter and that some burn calories and tone your muscles? That regular use of your funny bone can reduce blood pressure and enhance your immune system? Once you understand all the physiological, mental, and social benefits of laughter, you may just turn into a wellness comedian yourself!
- 3:00pm** **Closing Remarks** *(Hanna Vaandering- OEA President)*