



Fifth Annual Journey to Wellness Meeting Thursday, October 24, 2013

Presented by OEA Choice Trust

Agenda

- 9:30am** **Welcome and Introductions – Mary Lou Beck, OEA Choice Trust Board President**
- 9:50am** **“Put Wellness to Work”: Hot Topic Roundtable Discussions**
- 1. *Partnering with your Health Plan***
Lindsey Rooks, Moda Health
Kay Zimmerli, Kaiser Permanente
 - 2. *Engaging and Motivating Employees***
Verna Burden, Moda Health
 - 3. *Sustainability by Creating a Healthy Environment***
Jessica Lawrence, Cairn Guidance, Inc.
 - 4. *Communication for Engagement***
Wendy Simmons, Lane Community College
- 12:00pm** ***Lunch***
- 12:45pm** **Energizer/Physical Activity Break**
- 1:00pm** **“Exploring School Employee Wellness with your Colleagues”**
- 1:45pm** **Evaluation and Grantee Reporting Requirements**
- 3:00pm** **Closing Remarks – Hanna Vaandering, OEA President, OEA Choice Trust Board of Trustee**
- 3:05pm** **Adjourn/Wellness Team Working Time**

The purpose of this meeting is to create an environment for grantees to exchange ideas, share successes, problem solve and build a network of support to enhance the effectiveness of school employee wellness programs.

Lane Community College, Center for Meeting and Learning
Building 19, Room 102