



# **Seventh Annual Journey to Wellness Meeting**

## **Thursday, October 29, 2015**

### ***Agenda***

- 9:30am**      **Welcome and Introductions**  
*(Holly Spruance- OEA Choice Trust Executive Director)*
- 9:40am**      **Meeting Overview**  
*(Inge Aldersebaes- OEA Choice Trust Director of School Employee Wellness)*
- 9:45am**      **“Helping Employees Change Behavior Is NOT Rocket Science”**  
*(Dr. Troy Adams, COO WellSteps)*
- 11:45am**      **Lunch-**  
*“What’s going well?”*
- 12:30pm**      **“Grantee-Nuts and Bolts”**  
*(Inge Aldersebaes- OEA Choice Trust Director of School Employee Wellness)*
- 12:45pm**      **“Mindfulness”**  
*(Dr. David Boardman, Kaiser Permanente)*
- 1:45pm**      **Break**
- 2:00pm**      **“Modified Action Café”**  
*(Inge Aldersebaes, Jake Rooks, Maureen Caldwell, OEA Choice Trust)*
- 3:15pm**      **Closing Remarks**  
*(C. John Larson, OEA Vice President)*
- 3:30pm**      **Adjourn**