



Eighth Annual Journey to Wellness Meeting
Thursday, October 27, 2016
Agenda

The purpose of Journey to Wellness is to create an engaging environment where grantees can learn about effective employee wellness strategies, exchange ideas, brainstorm solutions to challenges, celebrate successes, and build a network of colleagues for inspiration and support.

- 9:30am** **Welcome and Introductions**
(Holly Spruance- OEA Choice Trust Executive Director)
- 9:40am** **Overview of the day**
(Inge Aldersebaes- OEA Choice Trust Associate Director/Director of School Employee Wellness)
- 10:00am** **Incorporating Sustainability in Your Journey: Best Practices and Stories from the Field**
(Jessica Lawrence, Cairn Guidance)
- 12:00am** **Lunch**
- 12:45pm** **Walker Tracker and Fall Challenge**
(Holly Spruance, OEA Choice Trust; David Mays, Taylor Welsh, Walker Tracker; Peggy Clyne, Corvallis School District; Jessica Bach, SOESD)
- 1:30pm** **Break**
- 1:40pm** **Chronic Stress Strategies Gallery Walk**
(Gigi Sims- Corvallis School District)
- 3:00pm** **Mindfulness Activity**
- 3:15pm** **Closing Reflection and Thoughts**
(Jamie Smith, OEA Choice Trust Board of Trustees)
- 3:30pm** **Adjourn**
- 3:30pm** **RMC Health Success Stories**
(Natalie Boyer, RMC Health; Inge Aldersebaes)
- Rainier, Dallas, and Port Orford teams
- 3:45pm** **New Grantee Meeting**