



**Tenth Annual Journey to Wellness Grantee Meeting**  
**Thursday, October 25, 2018**  
**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.*

**Learning Targets:** Participants will be able to

- Describe the mind body emotional connection to health and well-being
- Describe behavior change strategies to promote the health and well-being of employees
- Describe ways to integrate well-being practices into the work day to create a culture of wellness
- Identify up to 5 ideas to put into action at their schools and districts

- 9:00 am**      **Welcome and Introductions**  
(Debbie Brudevold, OEA Choice Trust Board of Trustees)
- 9:15 am**      **What's New at OEA Choice Trust!**  
(Holly Spruance- OEA Choice Trust)
- 9:30 am**      **Overview of the day**  
(Inge Aldersebaes- OEA Choice Trust)
- 9:45 am**      **Professional Learning: Body Mind Emotional Connection to Well-being**
- Ted Talks: Big Ideas Worth Sharing
  - Team: Reflect, Discuss and Apply
- Physical Activity Energizer- Gigi Sims, Corvallis*
- 11:45 am**      **Lunch**
- 12:30 pm**      **Walker Tracker Celebration: Congratulations North Powder!!**
- 12:45 pm**      **Networking: Idea Exchange**
- Panel Presentation: Gigi Sims, Corvallis School District, Michael Carter, Rainier School District, Whitney Ellersick, Portland Public Schools Nutrition Services, and Joanne Maki, David Douglas School District
  - Carousel Round Discussions: Gain Active Leadership Support; Engaging Hard to Reach Employees; Integrating Well-being Practices into the School Day; Active Principal Involvement; Gaining Union Support; and Creating Wellness Challenges
  - Team Work – debrief and identify up to 5 ideas to put into action
- Healthy Snacks and Physical Activity Energizer: Gigi Sims, Corvallis*
- 3:00 pm**      **Closing Reflection and Thoughts**  
(Reed Scott Schwalbach, OEA Vice President)
- 3:30 pm**      **Adjourn and Safe Travels**