



2019 Oregon School Employee Wellness Conference  
Together Everyone Achieves More: Changing the Conversation  
Agenda at a Glance

Conference tracks

**Social-Emotional Well-being:** Support yourself and others through having supportive relationships, fostering social belonging and honoring your inner self

**Financial Well-being:** Build skills in managing your economic life to reduce stress and increase security

**Physical Well-being:** Learn methods for boosting health and energy through taking care of your body

**Purpose:** Identify and embrace your sense of meaning and motivation to give back to others and the world in some positive way

**School Employee Wellness Nuts & Bolts:** Learn how to grow a robust school employee wellness program by putting priorities into action

Sunday, March 24

4:00-5:00 pm Registration Open in the Convention Center Lobby

4:30-6:30 pm Welcome Reception: Live music, hors d'oeuvres, no host bar, wellness exhibits and chair massages

Monday, March 25

6:00 am Wellness Activities

- Walk led by Mark Mitchell, Moda Health
- Yoga led by Karen Eddy, Blue Mountain Community College

6:45-8:15am Continental Breakfast for Conference Participants at the Convention Center

7:30 am Registration Opens at the Convention Center Lobby

- Wellness exhibits open

8:30 am Opening Session/Keynote Presentation: *Do Something Extraordinary*, Jessica Lawrence

10:15 am Breakout Sessions

- The Power of Mindful Eating
- Money Does NOT Buy Happiness
- Prescription for Wellness—Using Food as Medicine
- More than a Bubble Bath: Finding Ways to Maintain Vision and Passion for Your Work
- Creative Communication: How to Bring Great Ideas to Life

11:45 am Lunch

- Wellness exhibits open

1:15 pm Breakout Sessions

- Healing Through Reflective Practices
- Money Does NOT Buy Happiness
- Physical Harmony
- More than a Bubble Bath: Finding Ways to Maintain Vision and Passion for Your Work
- Creating and Sustaining a School Employee Wellness Program

3:00-4:00 pm Rejuvenation Activities

- Yoga led by Karen Eddy, Blue Mountain Community College
- Walk the Labyrinth led by Carrie Townsend, Moda Health
- Run/Jog/Whatever You Want to Call It –Let's Get Outside! led by Emmie Hiersche, Kaiser Permanente & Cassy Bieker, Moda Health (3:30-4pm)
- From Mindlessness to Mindfulness – Simple Tools to Be Here Now led by Dr. Grace Bullock

4:30-5:30 pm Healthy Happy Hour: Sound Bath—The Healing Power of Music led by Shireen Amini

Tuesday, March 26

**6:00 am Wellness Activities**

- Walk* led by Mark Mitchell, Moda Health
- Yoga* led by Karen Eddy, Blue Mountain Community College

**6:45-8:15am Continental Breakfast for Conference Participants at the Convention Center**

**8:30 am Breakout Sessions**

- Elements of a Psychologically Healthy School Workplace
- Financial Wellness 101
- Healthy Heart, Healthy Mind: An Upstream Approach to Cardiovascular Wellness
- Leading Together for Healthy School Communities
- Sustainability in Action: A Case Study of Corvallis School District

**10:15 am Breakout Sessions**

- Resilient Schools
- Exploring Your Options for a Quality Retirement
- Little Hints to Lower Stress During the School Day
- Leading Together for Healthy School Communities
- OEBC Wellness Program Redesign—What's Happened and What's Coming?

**11:45 am Celebration Lunch and Closing Remarks**

- Drawing for the winners of the Team Attendance Awards
- Drawing for Wellness Exhibitor Passport Prizes
- Drawing for photo booth prize

**1:15 pm Conference Adjourns**