

Next Practices in Worksite Wellness

Wednesday, April 1, 2020



Time	Event/Topic	Speaker
8:30 - 8:40am	Welcome!	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays
8:40 - 8:55am	Dayzz	Platinum Sponsor
8:55 - 9:05am	Bevi	Gold Sponsor
9:05 - 9:50am	Creating a Structure for Wellness Sustainability: Engaging Committees and Champions to Carry out Strategy	Janice Arsenault, Maine Department of Transportation
9:50- 11:00am	Industry Panel: Managing the Details: Industry-Specific Trends and Best Practices in Employee Well-Being	Bill Aalerud- Columbia Construction Cara Ouellette- Central Maine Healthcare Nicholas Mowatt- Norway Savings Bank Patrick Allen, Titan America
11:00 - 11:15am	Break	
11:15 - 11:20am	Fun to Eat Fruit	Exhibitor Introduction
11:20 - 12:05am	Heartbeat Wellness at a Utilities Commission	Jill Rainford- Orlando Utilities Commission
12:05 - 12:30pm	Lunch	On your own ☺
12:30- 12:40pm	OMC Wellness	Exhibitor Introduction
12:40 - 12:50pm	Wellness Workdays	Exhibitor Introduction
12:50 - 1:35pm	Barriers To Wellness In Blue Collar Workers: Implications and Potential Solutions	John W. Burress, MD, MPH, FACOEM OccMed Consulting and Injury Care
1:35 - 3:00pm	Best Wellness Employers 2020 Gold Recipients Panel	Leslie Bridges – EMD Serono Lynne Gaudette – City of Portland Michael Gray – Systems Engineering Christina Wiskow – John Hancock Joanna Aronica – Maine Veterans' Homes
3:00 - 3:15pm	Break	
3:15 - 4:15pm	Keynote: A Connected Workplace: Addressing Loneliness, Stress, and Depression to Improve Personal and Professional Health	Stuart Lustig, MD- Cigna
4:15 - 5:00pm	Creating Wellness: Opportunities Through the Built Environment	Chris Schaffner- The Green Engineer
5:00pm	Wrap Up	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays

Emerging Trends in Leadership

Thursday, April 2, 2020

Time	Event/Topic	Speaker
8:30 - 8:40am	Welcome!	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays
8:40- 9:00am	Sleep and Productivity Research Update	Dr. Mairav Cohen-Zion Chief Scientific Officer, Dayzz
9:00 – 9:10am	Bevi	Gold Sponsor
9:10– 9:55am	Mindfulness: A Secret Weapon for Successful Leaders	Cheryl Jones - The Mindful Path
9:55 – 10:40am	Checking Any Baggage or Just Carrying On? - Effective Emotional Packing for Trips to Work	Darci Miland- Standup Wellness, PLLC
10:40 – 11:00am	Break	
11:00 – 11:05am	Knead	Exhibitor Introduction
11:05 – 11:10am	LVNG Book	Exhibitor Introduction
11:10 – 12:15pm	Leadership Panel: Managing Wellness in the Face of COVID-19	Maria Harris – SVP, Human Resources, Rockland Trust Matt McGrath, CEO, Systems Engineering
12:15 – 1:00pm	Lunch	On your own ☺
1:00 – 1:45pm	Shining a Light on Unconscious Bias --The Leader's Perspective	Janet Edmunson-JME insights
1:45 – 1:55pm	OMC Wellness	Exhibitor Introduction
1:55 - 2:05pm	Wellness Workdays	Exhibitor Introduction
2:05 – 2:50pm	Creating Great Leaders: The Importance of Emotional Intelligence at All Levels	Frank Levesque Blum Shapiro
2:50– 3:10pm	Break	
3:10 – 3:55pm	Effective Listening for Leaders at all Levels	Chris Guild, MINT- OMC Wellness
3:55pm	Wrap Up	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays