



VIRTUAL National Wellness Conference Agenda

(Sessions are Livestreamed)

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MONDAY, JUNE 27

9 am – 10:50 am ET	Wellness Wakeup Activity + NWC Leadership Welcome + “Insights into Sustained Behavior Change: The Integration of Lifestyle and Community” Keynote presented by Dexter Shurney, MD, MBA, MPH, FACLM, DipABLM (with Q&A)
10:50 am – 11 am ET	Break
11 am – 12 pm ET	“The Wellness Promotion Competency Model: New Research & Future Directions,” presented by Christina Peterson, PhD, MS
12 pm – 12:25 pm ET	Lunch Break
12:25 pm – 1:25 pm ET	“Understand Ethics, Understand People,” presented by Victoria Vuletich, JD, CWP
1:25 pm – 1:30 pm ET	Break
1:30 pm – 2:30 pm ET	“From Policy to Practice: How Wellness Policies Translate to Improved Employee Health,” presented by Sam Dolezal, EdD, MS, MSE, CSCS
2:30 pm – 2:45 pm ET	Break
2:45 pm – 3:45 pm ET	“Change Lives with Virtual Workplace Wellness Programs,” presented by Chelsea Kidd, MBA, CSC, CPT
3:45 pm – 3:50 pm ET	Break
3:50 pm – 4:30 pm ET	Day 1 Closing + WELL Connected Networking

TUESDAY, JUNE 28

9 am – 10:20 am ET	Welcome + “Wellness Programs of the Future: Focusing on Performance as an Outcome of Well-being” Keynote, presented by Candice Schaefer, PhD, ABPP (with Q&A)
10:20 am – 10:30 am ET	Break
10:30 am – 12:30 pm ET	“The Great Renegotiation” Workshop, presented by Ryan Picarella, MS
12:30 pm – 1 pm ET	Lunch Break
1 pm – 2:15 pm ET	“Mindfulness as a Practice to Increase Productivity,” presented by Isabel Serrano, PhD
2:15 pm – 2:20 pm ET	Break
2:20 pm – 3:50 pm ET	“Connecting with the Six Dimensions of Wellness,” moderated by Suzanne Hunt & Alyssa Protsman with presentations by Lana Saal, Mark Pettus, Anita Mwalui, Bridgette Stewart, Kristi Leonard, & Roberta Wachtelhausen
3:50 pm – 4:30 pm ET	Day 2 Closing + WELL Connected Networking

WEDNESDAY, JUNE 29

9 am – 10:15 am ET	“Wellness, Connected: International Best Practices Worth Activating” Panel, moderated by Tyler Amell, PhD, MSc, BSc with panelists Melanie Fuller, Chuck Gillespie, MBA, CWP; & Ihliana Rojas Saldana, CPC, CDVD
10:15 am – 11:45 am ET	“WELL Said” Presentations by Tyler Amell, Jennifer Jones, Ellen Kocher, Chris Sullivan, Jennifer Jones, & Barbara Zabawa + Closing
11:45 am – 12:45 pm ET	WELL Connected Networking