

# 2010 Healthy Worksite Summit – Spokane Valley Agenda

## Thursday, October 14, 2010

- 7:45 am – 3 pm      **Registration**
- 7:45 – 8:30 am      **Continental Breakfast and Exhibit**
- 8:30 – 9 am          **Welcome/Golden Apple Award**
- 9 – 9:45 am          Opening keynote: **Professional and Effective During Change** – Robin Rose
- 10 – 11 am          Concurrent Sessions:
- **Professional and Effective During Change: Healthy Coping Strategies that Ease the Stress of Change - a Continuation** – Robin Rose
  - **Give Me Your Milk Money? Workplace Breastfeeding Programs Update** – Todd Wolynn, MD
- 11:30 – 12:30 pm   Concurrent Sessions:
- **Employer-Sponsored Wellness Programs and Health Care Reform** – Melanie Curtice
  - **Developing Effective and Sustainable Committees** – Matthew Chase, PhD
- 12:30 – 1:45 pm      Lunch  
**WellCity Planning Lunch (for members of the AWC Employee Benefit Trust only)** – Julie McDowell, Jon Smith
- 1:45 – 3 pm          **Practical Examples for Worksite Wellness** – Kathy Brogan, City of Colville; Jennifer Holm, Spokane Teacher's Credit Union; Machel Johnson, Pearson Packaging Systems; and Randy Rollins, Spokane Housing Authority
- 3 – 3:45 pm          Closing keynote: **The Start of Something Really Small: A Healthy Worksite Revolution** – Deanna Davis, PhD