

# 2020 NATIONAL WELLNESS CONFERENCE ON-DEMAND SESSION CHECKLIST

Each session is eligible for 1 continuing education credit (CEC). Types of credit available vary per session. To earn credit, watch the full session and request your CEC types on the session evaluation included at the end of the recording. Use this checklist to keep a personal record of the sessions you have watched.

Date Completed	On-demand Session
<input type="checkbox"/>	<b>Building an Effective Engagement Strategy</b> Tim Aumueller, MBA, Managing Partner, MedPro Wellness; Brittany Kowalski, MS, ATC, NBC-HWC, Director of Training and Development, MedPro Wellness; Jaime Pula, PhD, RDN, VP of Clinical Operations, MedPro Wellness
<input type="checkbox"/>	<b>Workplace Dissemination and Adaptation of Evidence-Based Resilience: Challenges and Successes in Two Case Studies</b> Joel Bennett, PhD, CWP, President, Organizational Wellness & Learning Systems; Laura Anne Crowder, MCHES®, NCTTP, BHWC, Health Promotion Manager, Tinker AFB; Stephany Sherry, CWWS, CWWPM, Fitwel Ambassador, Health Promotion Manager, Anthem Blue Cross Blue Shield
<input type="checkbox"/>	<b>BU BeWell: Creating a Culture of Integrated Well-being in Higher Education</b> Josh Downing, Director of Recreation & Wellness, Butler University
<input type="checkbox"/>	<b>Leading and Perfecting the Business Case for Your Wellness Program: Creative Methods to Improve Engagement and Sustainability</b> Kim Farmer, CPT, CCWS, Corporate Wellness Coordinator, Mile High Fitness & Wellness
<input type="checkbox"/>	<b>The Neuroscience of Wellness: An Inside-Out Approach to Thriving</b> Raquel Garzon, DHSc, RDN, CPT, SSGB, Speaker, Author, Thought Leader, Revitalize Project
<input type="checkbox"/>	<b>Mindfulness as a Tool to Address Unconscious Bias</b> Rikkisha Gilmore-Byrd, MS, MPH, DrPh, Department Chair, Rasmussen College; Reyna Gilmore, MD, Psychiatrist
<input type="checkbox"/>	<b>How Healing Works in the Time of COVID: What Integrative Health Means for Patients, Practice and the Future of Healthcare</b> Wayne Jonas, MD, Executive Director, Samueli Integrative Health Programs
<input type="checkbox"/>	<b>Leading with Racial Equity in the Design and Evaluation of Workplace Wellness Programs</b> Megan Jourdan, Employee Health and Well-being Program and Project Manager, King County; Karla Clark, Health Educator Consultant, King County; Shawna Johnson, Employee Health Specialist, King County Government



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### **Creating Powerful Wellness Service Connections on a Virtual Platform: Thriving with Your Clients in the Online Environment**

Brian Krolczyk, PhD, CEC, NBC-HWC, Director, UWSP & NWI Health & Wellness Coaching Certificate Program, Assistant Professor, University of Wisconsin - Stevens Point

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### **Handling Sleep and Fatigue in the Workplace**

Stewart Levy, RPh, MBA, President/CEO, HealthWell Solutions; Mona Ezzat-Velinov, MD, Integrative/Functional Medicine Physician, Reveal Heealth

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### **Designing a Wellness Program for Each Generation in Your Workplace**

Jackie McFadden, MBA, CWWPM, VP, Account Management, WellRight, LLC

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### **Reimagine Wellness by Integrating Your Body Wisdom: From Suppressed to Sacred**

Lisa Medley, MA, CMT, Body Wisdom & Relationship Mentor, Soulistic Arts

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### **Financial Wellness Boot Camp for Wellness Coaches**

Diana Morris, Founder & Chief Financial Coach, Ladybug Collaborative Inc

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### **Re-imagining Team-Level and Leader Mental Well-Being: A Story of Thriving**

Desiree Reynolds, MPH, MCHES®, Organizational Wellness Program Manager, Prevention Insights; Ruth Gassman, PhD, Executive Director, Prevention Insights, Indiana University School of Public Health; Joel Bennett, PhD, CWP, President, Organizational Wellness & Learning Systems

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### **Healthy Food, Healthy Workplaces: Re-imagining Healthy Nutrition Through Integration of Technology and Human Connection**

Christian Sullivan, Director, Strategic Initiatives, Asset Health; Nicole LaDue, MA, CHC, CWP, CWW, Director, Clinical Operations, Asset Health

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### **Combating Compassion Fatigue with Self-Care**

Kaylee Vance, LMFT, LMHC, Director of Utilization Management, Florida United Methodist Childrens Home

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### **Putting Change Into Context: What It Takes to Design Your Culture, Build Resilient Teams, and Future-Proof Your Organization**

Hanlie van Wyk, MA, PhD candidate, Change Craft - The Art of Change, Founder & Director

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### **The Microbiome Diet: The New Epigenetics of Weight Loss and Brain Health**

Karen Wolfe, MBBS (Syd), MA, President, Dr Karen Wolfe, Inc.

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### **New EEOC Rules, New Decade: How Workplace Wellness Laws Will Shape Employee Wellness**

Barbara Zabawa, JD, MPH, Attorney/Owner, Center for Health & Wellness Law, LLC

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