



American Heart Association®

Workplace Health Solutions™

Time	Agenda Items	Speaker(s)
7:30 am – 8:00 am (30 minutes)	Registration / Heart-Healthy Networking Breakfast/Vendors/ Hands-Only CPR Demos	
8:00 – 8:15 am (15 minutes)	Welcome and Opening Remarks - Room 126	Speaker: American Heart Association Fred DeGrandis/ Lisa Wheeler-Cooper
8:15 – 8:25 am (10 minutes)	Mindfulness Activity Break - Room 126	Eliza Wing Soar Mindfulness
8:25 – 9:25am (1 hour)	Keynote - Room 126 Creating a Resilient Workforce	Presenter: Kara Mohr, PhD, FACSM Johnson & Johnson Human Performance Institute
9:35 – 10:35 am (1 hour)	Breakout Session 1 – Room 130 <i>Debating the Effects of Workplace Wellbeing: Do We Really Need a Wellbeing Program?</i>	Speakers: Sara Warner, MPH, CPH, CHES Aetna
	Breakout Session 2 – Room 125 <i>Communicating Wellbeing Effectively: Bridging the Gap Between Generations and Job Classifications</i>	Deborah Tatro, SHRM-SCP Human Resources Consultant
10:45 – 11:45 am (1 hour)	Breakout Session 3 – Room 130 <i>Strategies to Sustain Wellbeing Programming and Increase Employee Engagement</i>	Speakers: Amber Slotta, CCWS, ACSM-EPC, HRCI-aPHR Chapman and Chapman
	Breakout Session 4 – Room 125 <i>How to Help Your Employees Maintain Work-Life-Health Balance</i>	Jerry Lynch Central Wellness
11:45 – 12:00 pm (15 minutes)	Networking/Vendors/ Hands-Only CPR Demos	
12:00-12:40 (40 minutes)	Heart-Healthy Networking Lunch/WHAI Recognition - Room 126	
12:40 – 1:40 pm (1 hour)	Panel Discussion – Room 126 <i>Ask the Experts Panel Discussion</i>	Moderator: Darrielle Snipes, ideastrean
1:40 pm – 2:00pm (20 minutes)	Closing Remarks - Room 126	Speaker: Lisa Wheeler-Cooper



This program is valid for 4 PDCs for SHRM-CPSM or SHRM-SCPSM.