



# MD SPOTLIGHT: WORKPLACE WELLNESS

07. 25. 19 | Hilton Washington DC/Rockville Hotel | #WellnessSpotlight

10:00 am – 10:30 am

## **Registration**

10:30 am – 10:35 am

## **Welcome and opening remarks**

Presented by:

Christine Ross, President & CEO, Maryland Chamber of Commerce

10:35 am – 10:45 am

## **OPENING ACTIVITY: BREATH OF WELLNESS**

Presented by:

Erin Bishop, Breathworker and Integration Coach, A Breath of Wellness

*Controlling your breath in different ways allows you to learn to manage your emotional states. You will be able to learn and practice the technique, giving you a solid takeaway that you can use in your workplace.*

10:45 am – 11:30 am

## **HEALTH AS A BUSINESS STRATEGY**

Presented by:

Amy Arnold, MS, CHES, HC, East Coast Director, Workforce Health Consulting Group, Strategic Customer Engagement, Kaiser Permanente

*According to Gallup, in the State of the Global Workplace report, 70% of employees are not engaged or actively disengaged at work. How do employers improve this statistic through the investment of a well-being strategy considering the whole person? Learn how the health and well-being of your employees impacts your bottom-line, understand the biggest drivers for health and behavior change, and hear about industry trends in worksite wellness including the shift to well-being. Gain insights as to what your role is as a leader to create a culture of health and well-being and how you can get started in creating a Workforce Health Strategy.*

11:30 am – 12:45 pm

## **Networking lunch**



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12:45 pm – 1:10 pm

## **FINANCIAL WELL-BEING**

Presented by:

Nicole D'Uva, Director of Employer Health, LifeWork Strategies,  
Adventist HealthCare

*The Center for Financial Services Innovation (CSFI) surveyed more than 5,000 Americans to reveal only 28% are considered "financially healthy." During this unique session, we will discuss strategies to make financial well-being personal for employees, creatively leverage resources most employers already have and customize messaging to meet the needs of a diverse workforce.*

1:10 pm – 1:35 pm

## **CAREER + PURPOSE WELL-BEING**

Presented by:

Amy Arnold, MS, CHES, HC, East Coast Director, Workforce Health  
Consulting Group, Strategic Customer Engagement, Kaiser  
Permanente

*Does having a career or purpose really matter? Learn what career + purpose well-being is and why it's so important to the success of your business. Understand simple steps and what you can do as a leader to impact and enhance your purpose well-being and your employees' purpose well-being.*

1:35 pm – 2:00 pm

## **COMMUNITY + SOCIAL WELL-BEING**

Presented by:

Mary Ann Jolliffe, Director of Employee Experience, Aerotek

*Are we really supposed to be social at work? The answer may surprise you. Learn what social and community well-being really means and why it's important to the success of your business. Understand what you can do as a leader to impact your employees' social + community well-being.*



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2:00 pm – 2:15 pm

## **Networking break**

2:15 pm – 2:40 pm

## **PHYSICAL WELL-BEING**

Presented by:

Dr. Linda Holifield-Kennedy, Senior Medical Advisor, Occupational Health and Workforce Health and Safety Department of Homeland Security

*Learn about physical well-being and how it ties back to supporting your bottom-line. Understand what you can do as a leader to impact your employees' social + community well-being.*

2:40 pm – 3:10 pm

## **MENTAL WELL-BEING**

Presented by:

Sandra Shaklan, LCSW-C, Behavioral Clinical Account Manager, Cigna

3:10 pm – 3:20 pm

## **Networking break**

3:20 pm – 4:30 pm

## **OPIOIDS IN THE WORKPLACE**

Moderated by:

Amy K. Turner, Chief Operating Officer, Cigna Mid-Atlantic

Panelists:

Marianne Gibson, State Partner Coordinator, Opioid Operational Command Center

Dr. Gregory Khan-Arthur, Pain Management, Mid-Atlantic Permanente Medical Group

Dr. Amanda Latimore, PhD, Epidemiologist, Johns Hopkins Bloomberg School of Public Health

Heather Misicko, MS, CHES, Benefits Consultant, Leidos

Jay Ruais, Executive Vice President of Field Advancement, Addiction Policy Forum



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4:30 pm – 4:30 pm

Sandra Shaklan, LCSW-C, Behavioral Clinical Account Manager, Cigna

**Closing Remarks**

Christine Ross, President & CEO, Maryland Chamber of Commerce