

## WWCMA18 / October 11 / Conference Agenda

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7:00am - 8:00am      **Registration / VIP Breakfast**

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8:00am - 8:30am      **Opening Session**

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8:30am - 9:30am      **Morning Keynote**  
**Health Promotion and Wellbeing, Rethinking Innovation in the 21st Century: Navigating the Industrial and Digital Era**  
Dr. Kenji Saito, MD, JD  
Medical Director of Workplace Health and Regulatory Liaison to MaineGeneral Health

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9:30am - 10:00am      **Exhibitors / Refreshment Break**

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10:00am - 10:50am      **Breakout Sessions**

**TRACK 1\***  
**Design Thinking**  
**Innovating in Wellness Using Design Thinking: An Interactive Workshop**  
Fariha Chaudry and Imran Sayeed

*\*Track 1 is 10:00am - 11:50am*

**TRACK 2**  
**Engaged or Disengaged**  
**Solutions Overload: Innovating and Integrating Resources to Optimize the Well-being Experience**  
Joseph Cappellano

**TRACK 3**  
**Mind Over Matter**  
**How Do Habits Form, and Why Are They So Hard To Break?**  
Judson Brewer, MD, PhD

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11:00am - 11:50am      **Breakout Sessions**

**TRACK 1\***  
**Design Thinking**  
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Fariha Chaudry and Imran Sayeed

*\*Track 1 is 10:00am - 11:50am*

**TRACK 2**  
**Engaged or Disengaged**  
**Disrupting the Approach to Employee Engagement Through Technology and Data**  
Emma Maurer

**TRACK 3**  
**Mind Over Matter**  
**Fostering Resilience in the Workplace**  
Tamara Gardner and Cindy Joyce

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12:00pm - 1:00pm      Lunch / Exhibit Hall

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1:00pm - 1:45pm      Awards Ceremony

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1:45pm - 2:30pm      **Afternoon Keynote**  
**Innovations in Workplace Wellbeing:  
Taking a Systems Approach**  
Dr. Glorian Sorenson  
Professor of Social and Behavioral Sciences at the Harvard  
T.H. Chan School of Public Health, and Director of the Center for  
Community-Based Research at the Dana-Farber Cancer Institute

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2:30pm - 3:00pm      Exhibitors / Refreshment Break

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3:00pm - 3:50pm      Breakout Sessions

**TRACK 1**  
**Design Thinking**  
Innovating in Wellness  
Using Design Thinking:  
An Interactive Workshop  
Matt Templeton

**TRACK 2**  
**Engaged or Disengaged**  
Changing Behaviors  
Through Technology  
Ingrid Centurion

**TRACK 3**  
**Mind Over Matter**  
The One Strategy Missing  
in Most Wellness Programs:  
Inner Emotional Resiliency  
Training  
Carrie Beers

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3:00pm - 3:50pm      **Your Future Career. Advice from the Field.**  
**STUDENT TRACK**  
**Panel Discussion**  
Panel Facilitator: Deb Gorhan, MS, MCHES  
Panelists: Leslie Courtney and Allison Higgins, DrPH

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4:00pm - 4:30pm      **Closing Remarks**  
Kristie Howard, CEBS, CWWPC  
Board Chair

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For more information, visit [wwcmaconference.org](http://wwcmaconference.org).