



The Living Well Alliance presents the

Workplace Wellness Symposium

Thursday, June 22, 2017

Pacific Medical Centers: Beacon Hill campus

Program of Event

- 10:00-10:15am:** Arrival and networking
- 10:15-10:30am:** Welcome and Introductions
- 10:30-11:15am:** Diabetes in the workplace: Presented by Kelsey Stefanik-Guizlo, ADA
- 11:15-11:45am:** **BREAK (gather lunch)**
- 11:45-12:00pm:** Lunch Speaker: Trends in Employer-Sponsored Health Benefits: an Interactive Discussion Presented by Chris Gorey, Providence Health & Services.
- 12:15-12:30:** Light clean up break

Roundtables

Choose 3 to attend:

- **Wellness Resources: Big Ideas for Small Budgets** – Greg Lunde; Builders Hardware
- **Healthy Worksite Potlucks** – Christy Goff, MS, RDN, CD from LWA
- **Bettering Office Posture** - PacMed Physical Therapist – Gia Calabrese, DPT
- **Diabetes Screens:** Kelsey from ADA – the benefit of Wellness Screenings in the workplace
- **Employee Assistance Program:** Shawna Beamish from Wellspring

12:30-12:50 Roundtable #1

12:55–1:15pm Roundtable #2

1:15-1:35pm Roundtable #3

1:35pm-2:00pm Final Remarks and networking

Speaker Bios:

American Diabetes Association Speaker: **Kelsey Stefanik-Guizlo** is the Manager of Community Health Strategies at the American Diabetes Association (ADA) in Washington State. In this role, she manages programs such as ADA Camp Sealth, Safe at School, and Type 2 and You. She also serves as the primary link between the ADA and its community and health care partners. She received her Masters in Public Health from the University of Washington and a BA in Political Science from American University. KStefanikGuizlo@diabetes.org

Trends in health care: **Chris Gorey leads** Commercial Market Strategy and Growth for the Population Health division of Providence Health & Services. He is responsible for assessing employer and commercial payer trends and driving growth strategies that create value for Providence's commercial market communities. Such strategies include the deployment of new value-driven ACO products with a commitment to transform the way healthcare is delivered and financed. Chris has over 15 years of healthcare experience in market strategy and sales and earned his MBA from Northwestern University's Kellogg School of Management and his Mechanical Engineering degree from Vanderbilt University. Chris is a die-hard Cubs fan and he and his wife reside in Bellevue, WA with their son, daughter, and two dogs. Christopher.Gorey@providence.org

Healthy Potlucks: **Christy Goff** is a registered dietitian that joined the Living Well Alliance team in Sept 2016. Christy received her Masters in nutrition at Bastyr University. By applying her training and experience to individual counseling and health presentations, she helps the Living Well Alliance clients achieve their health goals. She is not only a leader in the LWA program but also is elected president-elect for the Greater Seattle Dietetic Association (GSDA) for 2017-2018. Christy loves traveling & adventures, photography, yoga, cooking with new recipes, hiking and nature, and spending time with family. Christineg@pacmed.org

Office Posture: **Dr. Gia Calabrese** is a board certified physical therapist. She received her doctorate (DPT) degree at the University of New England where she developed a lifelong interest in orthopedics and the scientific aspects of human movement. In 2016, she joined the Pacific Medical Centers in Beacon Hill. During her career she has developed specialties in postural alignment, functional movement analysis, pain education and rehabilitation for the overhead athlete. She practices an evidence based, patient centered approach with a strong emphasis on patient education and empowerment. Giac@pacmed.org

Wellness Resources: **Greg Lunde** is the President and Chairman of Builders' Hardware and Supply a local distributor with locations in Washington and Oregon. After having invested 18 years with Ernst Home Center (a hardware store chain in the Pacific NW at the time) Greg joined Builders' Hardware in 1997 and has served as the President/Chairman there for the last 8 years. Greg is passionate about giving maximum effort to the things he chooses to spend time with. Greg is honored to be asked to join you today as we all find ways to reach for wellness and can be reached at glunde@builders-hardware.com.

Employee Assistance Program: **Shawna Beamish, MAEd** is a Senior Account Executive with Wellspring EAP who has been with Wellspring for over 9 years. Before transitioning to an account management role in 2013, Shawna worked for 5 years in the EAP call center as a Triage Therapist, providing front-line clinical service to employee clients and their families. She has a Master's Degree in Education-Community Counseling from Seattle University. Prior to her employment at Wellspring, Shawna worked for over 12 years in the social services field in the mental health, youth development, employment and vocational support, and homelessness intervention. sbeamish@wellspringeap.org