



The Living Well Alliance presents

Workplace Wellness Symposium

Thursday, June 14, 2018

Pacific Medical Center: Beacon Hill campus

Program of Event

- 10:00-10:10 am:** Arrival
- 10:10-10:20 am:** Welcome and Introductions
- 10:20-10:50 am:** Networking activity
- 11:00-11:40 am:** American Heart Association presentation, Elaine Kitamura
- 11:45-12:00 pm:** **BREAK (gather lunch)**
- 12:00-12:30 pm:** Lunch Speaker: Behavioral health provider, ChiaWen Moon
- 12:30-12:40 pm:** light clean up break
- 12:45-1:55pm:** Roundtable Discussions
- Yoga/meditation for stress reduction- Sarah Belisle
 - How to make a successful wellness committee – Jason Heritage
 - PacMed Champion program – Pamela Barber
 - Qualstar Financial Wellness – Gina Duckett
 - Heart Health Resources- Elaine Kitamura
- 12:45-1:05pm:** Roundtable #1
- 1:10-1:30 pm:** Roundtable #2
- 1:30-1:55 pm:** Roundtable #3
- 2:00-2:15 pm:** Final Remarks and raffles!

Headline Speakers:



Chia-Wen Moon is a psychotherapist at the PacMed Federal Way clinic. She attended Seattle University in Seattle and is fluent in English, Mandarin, Chinese and Taiwanese. She brings her expertise on stress management with particular emphasis on immigrant mental health, mindfulness and emotional regulation. In her free time, ChiaWen enjoys spending time with family and friends, cooking, reading, music, and art. She was recently featured in an article by NW Military called "New Year, No Stress, Part I".



Elaine Kitamura is the community impact director for the American Heart Association. Elaine helps the organization meet their impact goal of improving cardiovascular health for all Americans and decreasing deaths from cardiovascular diseases and stroke by 20% by 2020. The American Heart Association made a strategic and conscious decision to focus on the health of our communities by fostering collective action that improves quality of life, increases opportunity and ensures care for all our neighbors. Elaine works toward ensuring every member of our communities will achieve well-being and be supported by the places they live, learn, work, play, pray, and heal. Her duties include focusing in the areas of

hypertension, nutrition, obesity and physical activity. In addition, she works on health equity strategies that focus on development, advocacy and marketing/communications opportunities. Elaine is bilingual in English and Japanese and in her spare time loves watching Korean soap operas with her cat, Aki. Her email is elaine.kitamura@heart.org and phone number is 206.336.7248.

Roundtable Leaders:

Pamela Barber joined PacMed in 2013 as our community liaison and LWA support staff. Her passion for helping people has translated into caring for our communities and working to promote health within our company, our community and our employer groups. Her interests lie in listening and learning what our employer groups are experiencing in the health care industry today, and how we can impact the way healthcare is organized, delivered and paid for in the future. She aspires to help individuals and companies effectively navigate healthcare and live their healthiest lives. Pamela enjoys family time, travel, cooking, baking, yoga, bible study and spending time outdoors.

Sarah Belisle, EAMP, E-RYT, Ph.D is a licensed acupuncturist and yoga teacher. She received her Doctorate in Cell and Molecular Nutrition from Tufts University in 2008 and her Master's degree in Acupuncture from the Seattle Institute of East Asian Medicine in 2017. She has taught over 1000 hours of yoga at gyms and studios in the Seattle area since completing her yoga teacher training in 2013. Using acupuncture, yoga and meditation, Sarah works with individuals to help them reduce stress, cultivate balance and sustain health.

Jason Heritage is the marketing coordinator and graphic design & media Specialist at Hermanson Company, a mechanical construction company. In 2016 he joined his company's Wellness Committee which is committed to healthy fun and excitement. Since joining he's run exercise competitions and construction site job walks to get people out of the office, as well as brought in a number of presenters focusing on topics ranging from nutrition to emergency preparedness. Living a healthy and active life is important to Jason, in his downtime he enjoys photography, rock climbing, hiking, and camping.

Gina Duckett is the community development representative for Qualstar Credit Union, where financial education/wellness is revered. Her passion for financial wellness and love of children were combined as she has been presenting financial education classes to teens and young adults for 10 years, as a representative of Woodstone Credit Union. Last year, WCU merged with Qualstar Credit Union and Gina was able to expand her audience to adults of all ages. Gina also attends benefit fairs, community events, union events and enjoys meeting new people and building relationships. She loves helping people learn to manage their finances so that they can fulfill their financial goals and dreams!