

MESSA 2024 Spring Worksite Wellness Conference



May 3, 2024 • 9 a.m. – 2:45 p.m.

TIME	SESSION	SPEAKER
9 a.m.	Warm-up activity	Rhonda Jones MESSA health promotion consultant
9:05 a.m.	Welcome and introductions	Rhonda Jones
9:15 a.m.	Living S.L.O.W.	Lauren Kazee Founder of Living S.L.O.W.
10:15 a.m.	Break	Rhonda Jones
10:25 a.m.	Finding your pace	Dr. David Weismantel MESSA medical director
11:05 a.m.	Prize drawing	Rhonda Jones
11:15 a.m.	The brain sets the bar: Feed yours right	Dr. Ann Author, physician and founder of the Healthy Living School
12:45 p.m.	Break	Rhonda Jones
1 p.m.	Ovarian cancer awareness resources for the workplace	Megan Neubauer Executive director of the Michigan Ovarian Cancer Association
1:30 p.m.	Putting it all together: Worksite wellness to support mind and body	Rhonda Jones
2:30 p.m.	Wrap up and prize drawing	Rhonda Jones