



## 2019 Healthiest State Initiative Annual Conference

May 14

8:30 a.m. - 4:30 p.m.

Scheman Building in Ames

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|----------------|---|
| 8:30-9:00 a.m. | <b>Registration and Breakfast</b>   |
| 9-9:15 a.m.    | <b>Opening Remarks</b><br><i>Room 220-240</i>   |
| 9:15-9:45 a.m. | <b>Mental Illness: The power of sharing your story</b><br><i>Room 220-240</i>   |
| 9:45-10 a.m.   | <b>Break</b><br>Exhibitors and volunteer booth open   |
| 10 a.m.- Noon  | <b>Beyond Lunch and Learn: Creating a culture that drives and inspires employee well-being</b><br><i>Room 220-240</i> |
| Noon-1 p.m.    | <b>Lunch Break</b><br><i>Room 220-240</i><br>Walks encouraged!  |

- 1-1:30 p.m.      **Breakout Session #1 – 2<sup>nd</sup> Floor Scheman Building**
- **Got Stress? Be the reason your employees are supported, connected, and engaged**  
*Room 260-262*
  - **Money Matters: The impact of implementing a financial wellness program**  
*Room 254*
  - **Outside of the Box: Innovative ideas to make physical wellness fun**  
*Room 275*
  - **How to Help: Connecting employees and employers to the resources they need**  
*Room 250-252*
- 1:30-1:40 p.m.      **Travel time**
- 1:40-2:10 p.m.      **Breakout Session #2 – 2<sup>nd</sup> Floor Scheman Building**
- Repeat of first session breakouts
- 2:10-2:20 p.m.      **Travel time**
- 2:20-2:50 p.m.      **Breakout Session #3 – 2<sup>nd</sup> Floor Scheman Building**
- Repeat of first session breakouts
- 2:50-3 p.m.      **Travel to Benton Auditorium – 1<sup>st</sup> Floor Scheman Building**
- 3-3:40 p.m.      **Putting Awareness into Action: How Iowa companies are making a difference**  
*Benton Auditorium*
- 3:40-3:45 p.m.      **Mindfulness Minute**  
*Benton Auditorium*
- 3:45-4:25 p.m.      **Make it OK: Stop mental illness stigma**  
*Benton Auditorium*
- 4:25-4:30 p.m.      **Closing remarks**  
*Benton Auditorium*