

KEEPING IOWA'S WORKFORCE MISSION READY

2021 ANNUAL CONFERENCE



Healthiest State
INITIATIVE

AGENDA *at a glance*

- 9:00 a.m.** — Welcome
- 9:15 a.m.** — Keynote: Mike McDonald
Redefining "Wellness": The World, Our Workplace, My Wellbeing
- 10:15 a.m.** — Rest & Reset: Mindfulness Break
- 10:30 a.m.** — Breakout Session #1
- 11:15 a.m.** — Break
- 11:30 a.m.** — Breakout Session #2
- 12:15 p.m.** — Break
- 12:30 p.m.** — Smoothie Break *with Capital City Fruit*
- 1:00 p.m.** — Breakout Session #3
- 1:50 p.m.** — Stand & Stretch: Movement Break
- 2:00 p.m.** — Keynote: Rachel Druckenmiller
I'm Still Standing: Ready, Set, Reconnect!
- 3:00 p.m.** — Closing Remarks

**Speaker and Session
Descriptions:**



*Agenda with Zoom links
will be **sent via email.***

IowaHealthiestState.com/Conference

SPONSORS:



A NOTE FROM ORGANIZERS:

We are so excited that you will be joining us for the 2021 Healthiest State Annual Conference.

Thank you to our planning committee, sponsors, exhibitors and partners for making this day possible!

If you have any questions about the agenda or require technical assistance, please send a note to: info@iowahealthieststate.com

MARK YOUR CALENDARS:

May: Make It OK in May / Mental Health Awareness Month

October 6: Healthiest State 11th Annual Walk

October: Healthiest State Month, 5-2-1-0 Summit (Date TBD)

Don't forget to visit our sponsors and exhibitors in the **Virtual Exhibit Hall:**



#HSIConference