

Living Well from the Inside Out

MESSA's Worksite Wellness Conference

Nov. 5, 2026 9 a.m. – 3 p.m.

TIME	SESSION	SPEAKER
9 a.m.	Welcome and introductions	**Rhonda Jones** MESSA health promotion consultant
9:15 a.m.	Live Well at Work: Supporting Wellness using Mindfulness, Movement and Nutrition	**Rhonda Jones**
10 a.m.	Pause & Pour into Yourself: Thriving from the Inside Out	**Jeffrey R. Gardere** Clinical psychologist
11 a.m.	A Tale of Two Diners: Same Food. Different Story.	**Anisa Ramcharitar-Bourne** Registered dietician
12 p.m.	Lunch	
12:40 p.m.	Strong Bones, Healthy Life: A Guide to Healthy Aging and Bone Health	**Jillian Aeder Kleiner** Hinge Health physical therapist
1:25 p.m	Districtwide Wellness: Practical Approaches to Creating, Implementing and Sustaining a Wellness Program	**Evelyn Harig** Physical education teacher, Siple Elementary Davison Community Schools
1:45 p.m.	It Starts Within	**Shamaine Mcvay** Chef and owner of Reddy to Eat Meals
2:45 p.m.	Wrap up and prize drawing	**Rhonda Jones**