



MESSA's Worksite Wellness Conference

Mindfulness, Movement, Nutrition: 3 Keys to Workplace Wellness

AGENDA

TIME	ACTIVITY	SPEAKER
9 a.m.	Welcome	Rhonda Jones MESSA health promotion consultant
9:10 a.m.	MESSA Wellness: Worksite Wellness in a Pandemic	Rhonda Jones
9:50 a.m.	BREAK	
10 a.m.	The 5 Whys: How a Business Model can Help Bring Personal Change	Raquel Garzon President, Revitalize Project
11 a.m.	BREAK	
11:10 a.m.	Getting a Good Night's Sleep	Brian Luke Seward Expert in stress management, mind-body-spirit healing and corporate health promotion
12:25 p.m.	ACTIVITY	Rhonda Jones
12:35 p.m.	Mindfully Delicious	Kristen Johnson Brogan Chief mindful officer, On Target Living
1:30 p.m.	Prize drawing and wrap up	Rhonda Jones and MESSA team