

Conference Agenda – April 15, 2008 – 8am – 4pm

Registration:



8:00 - 9:00	Registration, Networking & Continental Breakfast
9:10 - 10:10	Keynote — Creating a Culture that Supports Wellness — Judd Allen, PhD Wellness holds great promise for each of us. Unfortunately, unsupportive cultural environments too often undermine efforts to adopt wellness lifestyles. This presentation explores the cultural unconscious by examining the impact of shared values, norms, peer support, cultural touch points and the overall social climate. Participants will also learn about field-tested and systematic strategies for integrating culture change into wellness programs. Dr. Allen is President of the Human Resources Institute, LLC, a research, publishing and consulting firm that focuses on the creation of supportive cultural environments. He earned his Ph.D. in Community Psychology from New York University, serves on the editorial board of the American Journal of Health Promotion.
10:20 - 10:50	Healthy Lifestyles: Practicing What We Preach — Humayun Chaudry, D.O. FACP Dr. Chaudry will report on the development of an innovative wellness program that is being piloted among the employees of the Suffolk County Department of Health Services that will be used as a model for a planned county-wide effort in 2009.
10:50 - 11:50	Establishing Healthy Worksite Environments that Support Healthy Eating Habits — Josephine Connolly-Schoonen, PhD, RD Ms. Connolly-Schoonen, is a registered dietitian and Clinical Assistant Professor of Family Medicine at Stony Brook University Hospital and Medical Center. Her expertise is in the area of nutritional management of obesity and chronic illnesses from the individual and public health level.
11:30 - 12:30	Box Lunch/Networking
12:30 - 1:15	Wellness Tool Box Panel American Cancer Society, American Heart Association, Cornell Cooperative Extension, Learn to Be Tobacco Free
1:30 - 2:30	The Heart of Wellness — Akram Boutros, M.D., FACHE Dr. Boutros will discuss the American Heart Association's Start! Initiative. The Start! movement motivates and encourages all Americans to take up walking and other healthy habits as part of their daily routine all year around, and to live longer, stronger heart-healthy lives.
2:30 - 3:00	Promoting Health and Fitness in the Workplace — Jennifer Gatz, Clinical Exercise Physiologist Practical concerns, positive benefits.
3:00 - 3:30	Sleep — Staying Awake at Work - The impact of sleep disorders in the workplace Steven Feinsilver, M.D., FCCP is affiliated with Cardiovascular Medical Associates in Garden City, N.Y.
3:30 - 3:40	Closing remarks/Path forward — Michael Thorn, R.N., Brookhaven National Laboratory

*Stress reduction breaks provided by Cheryl Kurash, PhD, Stony Brook University Counseling Center

Conference Committee Members

Co-chairs

Humayun J. Chaudhry, D.O., FACP



Commissioner
Suffolk County Department
of Health Services

Akram Boutros, MD, FACHE



Executive VP and Chief Administrative Officer
Saint Francis Hospital - The Heart Center
President, American Heart Association –
Long Island Chapter

Michael Thorn, RN, MBA

Certified Workplace Wellness Consultant
Health Promotion
Program Manager
Brookhaven National
Laboratory

Committee

American Heart Association

Karen M. Curley, MPA



Regional Director
Start! Heart Walk

Suffolk County Department of Health Services, Office of Health Education

Lori Benincasa

Director of Health Education

Wendy Ladd, M.S.

Public Relations

Nancy Hemendinger

Director of School Education

Laura Giardino, MS, CNP

Learn To Be...Tobacco Free Program