



The Living Well Alliance™ presents a virtual
Workplace Wellness Symposium

October 22, 2020

Program of Events

10:00–10:15 am	Welcome, introductions
10:15–12:00 pm	Jen Arnold, MS, RD, from Redesigning Wellness <ul style="list-style-type: none">• From Critic to Champion: How to Effectively Engage Leadership in Wellness• www.redesigningwellness.com
12:00–12:30 pm	LUNCH BREAK (<i>offline</i>)
12:30–12:35pm	Aetna presents: Mindful meditation break with Carol Frieberg
12:35–1:10 pm	Rene D. Czerwinski, LMHC, NCC, CHT, PacMed psychotherapist <ul style="list-style-type: none">• Stress at Work During COVID-19
1:15–1:45 am	Webex breakout sessions for networking and brainstorming wellness ideas
1:45–2:05pm	Wellness activity: <i>Healthy Cooking Demo</i> – Christy Goff, MS, RDN, CD
2:05–2:15 pm	Final remarks and raffles!

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Symposium Speakers



Christy Goff, MS, RDN, CD, is your host today! Christy is a registered dietitian who leads the Living Well Alliance, an initiative of Pacific Medical Centers to make the latest scientifically based wellness tips and education accessible to employees where they work. She is a graduate from both the master's program and an internship at Bastyr University. Christy is also a registered yoga instructor and offers yoga classes for all levels and abilities to companies and communities around Puget Sound. Christy enjoys camping, being outdoors, cooking and photography. christineg@pacmed.org



Rene Czerwinski, LMHC, NCC, CHT, has been a psychotherapist at Pacific Medical Centers since 2016. Her philosophy is that "everyone should have the opportunity to create a life they desire, and I am committed to helping those who struggle to reach this goal. My role is to assist by creating a safe space to explore barriers to creating and reaching acceptance and fulfillment in life." She graduated from Roosevelt University in Chicago and has advanced training as a National Certified Counselor as well as certificates as an advanced bereavement facilitator, hypnotherapist, sexual offender treatment specialist and mediator. Rene's personal interests include reading, hockey, football and hiking.



Jen Arnold, MS, RD, is host of the Redesigning Wellness podcast where she has interviewed 200 experts (and counting) on the topic of organizational health. She's on a mission to change the common approach to employee health and wellness through training, speaking and honest conversations. You can learn more about her company at <https://redesigningwellness.com/>. For the 16 years prior to starting her own business, Jen led organizational health and wellness efforts and advised employers on how to start them. Jen is a TEDx speaker who uses stories, activities and humor to not only make a point, but keep audiences engaged and listening.