Back to the Future: Celebrating 30 Years of Wellness

DAILY AGENDA
WEDNESDAY JUNE 24, 2015

9:00 – 11:00 a.m.  Sugarloaf Check-in
Location: Sugarloaf Check-In Center

9:15 – 10:15 a.m.  Conference Registration
Location: Center – Birch Room

10:00 – 11:00 a.m.  Team Leaders’ Meeting
Location: Center – Spruce Room

11:00 – 11:30 a.m.  Welcome & Wellness Traditions
Location: Center – King Pine Room

11:30 – 12:00 p.m.  Team Fun Challenges
Location: As Assigned

12:00 – 1:00 p.m.  Luncheon Buffet – Team Introductions
Location: Center – King Pine Room

1:15 – 2:30 p.m.  Murray Banks
Opening Keynote Speaker
Location: Center – King Pine Room

2:30 – 2:45 p.m.  Transition Break

2:45 – 4:00 p.m.  Team Building
Randy Judkins
Location: Center – King Pine Room

4:15 – 5:30 p.m.  Team Meetings
- Reflect on the Day
- Begin Action Planning
Location: Condominiums

6:00 – 7:00 p.m.  Barbecue Dinner
Location: Center – The Beach

7:00 – 8:00 p.m.  Downeast Hysterical Society
Location: Center – Maple Room
DAILY AGENDA  
THURSDAY, JUNE 25, 2015

6:00 – 7:00 a.m. Sugarloaf Sports and Fitness Club Open  
(Weight Room and Racquetball Courts Available)

Water Aerobics (Med Impact) – Alison Thayer  
**Location:** Sugarloaf Sports and Fitness Center – Pool

Yoga (Low Impact) – Judy Hanscom  
**Location:** Inn – Bigelow Room

**Location:** Center – Oak Room
Walking/Biking/Hiking/Tennis on your own

7:15 – 8:15 a.m. Breakfast/Team Preparation for the Day  
**Location:** Condominiums

8:30 – 9:45 a.m. Keynote Presentation  
Norm Bossio  
**Location:** Center – King Pine Room

10:00 – 12:30 p.m. Rotations for Health Screenings, Exhibits and mini-presentations/demos  
Action plan trouble shooting

To avoid congestion, it is very important that participants follow the designated team schedule.

**Teams rotate throughout the morning as assigned below**

<table>
<thead>
<tr>
<th>Group A:</th>
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| 10:00 a.m. – 11:15 a.m. | Exhibits  
| 11:15 a.m. – 12:30 p.m. | Health Screenings |

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<th>Group B:</th>
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| 10:00 a.m. – 11:15 a.m. | Health Screenings  
| 11:15 a.m. – 12:30 p.m. | Exhibits |
Health Screenings and Mini-Demonstrations

Health screenings are useful in detecting conditions that may lead to a recommendation for follow-up by qualified professionals. These screenings are not to be used as a substitute for more accurate medical tests. Mini-demonstrations offer information and strategies to support health promotion and well-being.

Flexibility – Grip Strength –
Location: Center – King Pine Room

Body Composition Skin Caliper Screening
Alison Thayer Shafer Shaw
Station I Station II
Location: Hotel – Flagstaff Room Kennebec Room

Hearing Screening –
Location: Center – Carrabassett Room B

Osteoporosis Screening (10 minutes per screening)
Participants will be selected on Tuesday
Location: Center – Spruce Room

Blood Pressure Screening –
Location: Center – GLM Room

Sun Safety Awareness
Locations: Hotel – Caribou Room Hotel – Blanchard Room

Postural and Lower Back Screening
Brett Eberle & Caleb Armstrong
Location: Center – Oak Room

Understanding Workplace Ergonomics
Allan Brown
Location: Center – Maple Room

Oral Health Screening – Cindy Leavitt
Location: Center – Carrabassett Room A

Massages Available from 10:00 a.m. to 1:45 p.m.
$10.00 for 10 minutes
Exhibits

This is the place for teams to find creative ideas to bring Wellness Action Plans to life! Each of the exhibitors has tools and resources to assist in building an exciting action plan that will translate into year-long wellness success. Come meet new and returning exhibitor friends. See what fresh new programs, information and materials have been developed over the past year and are on display.

Location: Center – Narrow Gauge Room

12:30 – 1:30 p.m.  Lunch
Location: Center – King Pine Room – Buffet

1:45 – 2:45 p.m.  Workshop Sessions I

Balance of Life
Jayne Marsh (TBC) (Susan)
Location: Inn – Bigelow Room

Staying Positive in a Demanding World
Norm Bossio
(Team attendance, ½ teams at a time)
Location: Hotel – Carrabassett Rooms A & B

Contra Dance
Barbara Godfrey
Location: Center – The Beach or Maple Room

Women’s Health
Deb Cowens
Location: Inn – Cranberry Room

Cooking Session
Andrew Hutchins, Maine DOE Child Nutrition Chef
Location: Center – Spruce Room

Using Apps for Physical Activity & Health
Shafer Shaw
Location: Center – Oak Room

2:45 – 3:00 p.m.  Break
3:00 – 4:00 p.m.  Workshop Sessions II

Balance of Life
Jayne Marsh (TBC)  (Susan)
Location:  Inn – Bigelow Room

Staying Positive in a Demanding World
Norm Bossio
(Team attendance, ½ teams at a time)
Location:  Hotel – Carrabassett Rooms A & B

Contra Dance
Barbara Godfrey
Location:  Center – The Beach or Maple Room

Women’s Health
Deb Cowens
Location:  Inn – Cranberry Room

Cooking Session
Andrew Hutchins, Maine DOE Child Nutrition Chef
Location:  Center - Spruce Room

Using Apps for Physical Activity & Health
Shafer Shaw
Location:  Center - Oak Room

4:15 – 5:15 p.m.  Team Meetings
- Reflect on the Sessions
- Action Planning
Location:  Condominiums

5:15 – 6:15 p.m.  Wellness Activity Time

Available on the mountain at no cost
Outdoor Tennis Courts
Outdoor Volleyball Court
Horseshoe Pit
Sugarloaf Sports and Fitness Club Open
Swimming
Weight Room
Racquetball
6:15 – 7:30 p.m. Banquet  
**Location:** King Pine Room

Sign up at the registration table in the King Pine Room

7:30 – 9:00 p.m. Skits  
**Location:** Center – King Pine Room

9:00 – 11:00 p.m. Dance & Game Night  
*(TBC)* DJ  
**Location:** Center – King Pine Room

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**DAILY AGENDA**  
**FRIDAY, JUNE 26, 2015**

7:00 – 7:30 a.m. Team Preparation for the Day  
**Location:** Condominiums

7:30 – 8:00 a.m. Grab-N-Go Breakfast Break  
**Location:** Center – Maple Room

8:00 – 9:30 a.m. Roundtables  
3 @ 30 minutes each  
**Location:** Center – King Pine Room

9:30 – 9:45 a.m. Breakfast Refresh  
**Location:** Center – Maple Room

9:45 – 11:00 a.m. Dave Cowens  
Leadership/Team  
**Location:** Center – King Pine Room

11:15 – 12:30 p.m. Workshop Sessions I  

*Brain Research & Movement*  
Ann Archambault  
**Location:**

*Using Data for Planning*  
Katherine Harvey  
**Location:**
Substance Use Update
Lee Anne Dodge
Location:

Balancing Home and Work when Caring for Loved Ones (TBC)
Location:

Principles and Practice of Healthy and Safe Schools
Stan Davis
Location:

12:35 – 1:20 p.m.  Picnic Lunch Buffet (Different Stations to move people through more quickly)
Check out time
Location: Center - Maple Room

1:25 – 1:50 p.m.  Regional Meetings

| Region I:      |
| Location:     Hotel – Carrabassett Room B |
| Region II & IV: |
| Location:     Center – Narrow Gauge Room |
| Region III:   |
| Location:     Center – Spruce Room |

2:00 – 2:15 p.m.  Silent Auction
Location: Center - King Pine Room

2:15 – 2:25 p.m.  Culminating Slide Show

2:25 – 3:40 p.m.  Jana Stanfield
Keynote Closer
Location: Center – King Pine Room

3:40 – 3:45 p.m.  30th Annual Maine Schoolsite Health Promotion Wellness Conference Prize Drawing
Must Be Present!

We hope your spirit is enriched
Your soul inspired
We wish for you safe travels