

• **AGENDA** •



October 15, 2019  
 • White Eagle Conference Center •  
 Hamilton, NY

8:00 - 8:45am	Sign-in, Networking, and EXHIBITORS		8:45-9:00 am Welcome & Introductions
9:00 - 9:50am	<p><b>Keynote:</b>  <i>Total Worker Health®</i> : Evidence for integrating workplace policies, programs, and practices.                  Dr. Jack T. Dennerlein, Ph.D.—Harvard T.H.Chan School of Public Health                  Main Ballroom</p>		
9:50 - 10:00am	EXHIBITORS & Morning Coffee Break		
TRACKS	<p><b>TRACK 1 - Leadership</b>                  Room: One - Upstairs</p>	<p><b>TRACK 2 - Wellness</b>                  Room: Two - Upstairs</p>	<p><b>TRACK 3 - Safety</b>                  Room: Three - Upstairs</p>
10:00 - 10:55am	<p><b>Leadership &amp; Mental Health</b>                  Debbie Cassidy, M.S. CEAP,                  Employee Assistance Coordinator                  BRIDGES</p>	<p><b>Nutrition at Work &amp; Home and In Between</b>                  Patricia Salzer, Registered Dietician &amp;                  Workplace Wellness Consultant                  Excellus BCBS</p>	<p><b>Sedentary Work &amp; the Paradox of Occupational Physical Activity</b>                  Dr. Jack T. Dennerlein, Ph.D.,                  Adjunct Professor of Ergonomics and Safety                  Harvard T.H. Chan School of Public Health</p>
11:00 - 11:55am	<p><b>Your Ideal - the Wholebeing Approach</b>                  Barb Stone, MBA CiPP JMT                  Life and Transformation Coach</p>	<p><b>Occupational Stress: Considerations for Comprehensive Prevention</b>                  Jeannie Nigam, Research Psychologist                  National Institute of Occupation Health (NIOSH)</p>	<p><b>Workplace Safety Ideas</b>                  Dave Crowley, Sr. EHS Director                  HP Hood</p>
12:00 - 12:55pm	Lunch in the Dining Room & EXHIBITORS		
1:00 - 1:50pm	<p><b>Total Worker Health®</b>                  Chia Chia Chang, MPH, MBA                  NIOSH Office of <i>Total Worker Health®</i></p>	<p><b>How to Bring Positivity and Morale to the Workplace Through Mindfulness, Meditation &amp; Yoga</b>                  Judy Mumford-Sullivan, RYT 200 Yoga Alliance Certified                  Teacher &amp; Founder of Mellow Flow Yoga</p>	<p><b>Workplace Safety &amp; Preparedness</b>                  Brian DeRochie, NYS Trooper</p>
1:50 - 2:00pm	EXHIBITORS & Afternoon Break		
2:00 - 2:50pm	<p><b>Keynote:</b>                  Leading a Manufacturing Company – Dos and Don'ts of Leadership and Beyond                  David Freund—MACNY Chief Leadership Officer                  Main Ballroom</p>		
2:50 - 3:00pm	Conference Closing & Thank You		