

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

Group A:

10:00 a.m. – 11:15 a.m. Exhibits

11:15 a.m. – 12:30 p.m. Health Screenings

Group B:

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

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Location: Hotel – Carrabassett Rooms A & B

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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

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*