

*cultivating a well you at work*

# Fifth Annual UW–Madison Wellness Symposium

Wednesday, October 23, 2019  
Union South



**WISCONSIN**  
UNIVERSITY OF WISCONSIN-MADISON

**HOSTED BY**

Department of Family Medicine and Community Health  
Office of Human Resources



# UW–Madison Well-being Champions

A special thank you to our campus Well-being Champions for supporting and inspiring healthy, inclusive, and engaging cultures on campus. The mission of the Well-being Champion Network is to support the entire UW–Madison community in being a best place to work by:

- Gaining exposure to well-being concepts, learning, and self-assessment and reflection on habits
- Knowledgeably influencing each other's thinking and being influenced to be healthier and more balanced
- Accepting responsibility for and beginning to influence health and wellness systems on campus

## Current Well-being Champions

Karen Soley, UWPD

Laurie Teeter, Housing

Eric Schueffner, Atmospheric and Oceanic Sciences

Cassie Whiting, SMPH, Neurological Surgery

Bre Sinotte, CALS, Biochemistry

Meghan Cramm, Primate Research Lab

Dottie Olson, Primate Research Lab

Danielle Maillette, WCER, School of Education

teri engelke, School of Education

Megan Hicks, School of Veterinary Medicine

Anne McKenna, UW Press

Paula Evenson, Law School

Cole Bacig, Gamm Lab, Waisman Center

Stephanie Peterson, UW–Madison Arboretum

Theresa Pillar, CALS, Department of Food Science

Amy Childs, School of Pharmacy

Deborah Griffin, Department of Planning and Landscape Architecture

Julie Taylor, Wisconsin Center for Education Research

Tammy Weisensel, Division of Continuing Studies

Abby Diehl, RecWell

Haley Madden, Morgridge Center for Public Service

Tony Utrie, Division of Academic Affairs

Carrie Hill, School of Medicine and Public Health

Meghan Cigale, School of Medicine and Public Health

Eric Henkel, School of Medicine and Public Health

Janelle Rees, School of Medicine and Public Health

# Keynote Speaker



## The POWER of Happiness

*Stacey Flowers*

*Varsity Hall*

Happiness is critical to your well-being. The reality is that in our fast change, unpredictable and accelerated workplace and world, it's those who are willing to lead with happiness and take decisive, bold, consistent action despite the many unknowns who will reap the greatest rewards. Only in giving up control can you truly harness the POWER of happiness to create new opportunities, cultivate more energy, manage stress, and build confidence and connection both personally and professionally. Stacey Flowers will share actionable insights and simple strategies for harnessing the power of happiness to produce radical results in your life.

**Stacey Flowers** is a TEDx Talk speaker, entrepreneur and eternal optimist dedicated to helping people create authentic, fulfilled happy lives. She's been named The Next Global Leader for her generation and listed #1 on the Top 10 List of Female Motivational Speakers. Known as "the mentor in your head" because of her refreshing, authentic approach to connect with audiences everywhere, Stacey has a unique ability to educate, empower and inspire audiences worldwide. She believes self-development is the greatest world-changing tool on the planet and everyone can benefit from it. Stacey holds a bachelors in Paralegal Studies from the College of Saint Mary and a masters in Human Resources from Loyola University Chicago. Her deepest pride and privilege has been raising her 17 year-old son.

## Go paperless!

We're excited that you're joining us for this year's Wellness Symposium. To make the most of your conference experience, download Convene, the official mobile app of the UW-Madison Wellness Symposium.

To get the app:

- 1) Download Convene for Android or iOS
- 2) Sign in with Facebook, Twitter, LinkedIn or your email address
- 3) Enter event code: WELLNESS2019





# Session Descriptions and Speaker Biographies

9:45 a.m. – 10:45 a.m.

## **Living with Vitality: Pathways to Health and Happiness**

Bob McGrath | *Marquee Theater*

Workshop includes discussion of effective pathways to living with vitality and resilience: healthy relationships, doing for others, effective breathing practices, gratitude, taking care of our bodies, increasing mindfulness and savoring, meditation, music, and overcoming NDD.

**Bob McGrath** has worked at UW/UHS since 1990, for 19 years as Director of Counseling, 6 years as Coordinator of Mind/Body Wellness Services, and is now starting his fifth year as Emeritus (which means he gets to do just what he wants, like doing workshops at events like this one and giving Badger Talks around the state). He also has given talks for the Alumni Association around the country. His most requested talks are on Living with Vitality. After 20 years at UW, he received the Distinguished title.

## **Gratitude Painting**

Taylor Franklin | *Fifth Quarter Studio*

Learn how to create a beautiful painting that inspires gratitude in your life. Using acrylic paint and canvas, art instructor Taylor Franklin will walk you through the simple steps of creating a colorful and inspiring painting to brighten up your work-space and cultivate an “attitude of gratitude.”

**Taylor Franklin**, Program Director of Wheelhouse Studios and UW-Madison Alum (M.A. in Art Education, Art Ed. Teaching License), is a professional artist, dancer, and educator. With 15 years of experience as an art educator in higher education, community education, and the WI public schools, and 6 years as a Brazilian Samba dancer and performer, she is honored to offer her vivacious and empowering teaching style to the UW community. Join her for light-hearted, non-intimidating art instruction that will leave you feeling open to the possibilities that your inner creativity can offer.

## **Food as Medicine: How Our Nutrition Can Lead to Health**

David Kiefer | *Northwoods Room*

There are many foods, including spices, that have known beneficial effects on our health. In today's session, we will briefly discuss some of the research on why our nutrition is important, and see (literally!) examples of some of these healing foods. In general ways, we will talk about how these foods and spices should be consumed, health conditions that may benefit, and understand that food and cooking can have some fascinating multi-cultural aspects. Prepare to learn about garlic, turmeric, cinnamon, prickly pear cactus, rosemary, sage, and many others!

**David Kiefer**, M.D., is a board-certified family physician with extensive experience in botanical and integrative medicine. His research and teaching activities encompass both national and international universities and conferences, and he has a focus on Latin American ethnobotany and evidence-based herbal medicine. Dr. Kiefer has medical licenses in Washington, Arizona, and, his current residence, Wisconsin, where he is Clinical Assistant Professor in the Department of Family Medicine and Community Health at the University of Wisconsin-Madison. Dr. Kiefer's past work included teaching naturopathic medical students at Bastyr University in Seattle, and supervising family medicine residents at a homeless youth clinic. He completed a fellowship at the Arizona Center for Integrative Medicine at the University of Arizona, where he is now an Assistant Clinical Professor of Medicine. Dr. Kiefer graduated from the University of Wisconsin Medical School in Madison, and completed his residency training at the Swedish Medical Center in Seattle.



# Session Descriptions and Speaker Biographies

9:45 a.m. – 10:45 a.m.

## **Eco-Wellness, Mindful Climate Actions, and the Co-Benefits of Sustainable Health**

Bruce Barrett and Maggie Grabow | *Landmark Room*

In this workshop, post-doctoral research fellow Maggie Grabow MPH PhD and faculty family physician Bruce Barrett MD PhD will co-present on “Eco-Wellness, Mindful Climate Actions, and the Co-Benefits of Sustainable Health.” While many people feel that the factors leading to global warming are beyond their reach, it is important to remember that: 1) many behaviors that reduce carbon footprint also enhance personal health, and 2) it is the sum of individual choices and behaviors that drive the larger-scale processes causing climate change. This session will include video and powerpoint presentations, as well as interactive activities with the audience, and a Q&A discussion.

**Bruce Barrett MD PhD** is a practicing family physician and tenured research professor in the UW Department of Family Medicine and Community Health. His research has focused on alternative/complementary/integrative medicine, herbal/botanical medicine, mind-body interactions, placebo effects, design of randomized trials, and assessment of patient-oriented outcomes. The National Center for Complementary and Integrative Health at N.I.H. has funded several of Dr. Barrett’s research projects, including two recent randomized trials, “Mindfulness or Exercise for Preventing Acute Respiratory Infection” (MEPARI and MEPARI-2). Over the past few years, with Dr. Barrett as principal investigator, an interdisciplinary team of physicians, scientists, environmental advocates, and mindfulness instructors has developed Mindful Climate Action (MCA), an educational and behavior change program designed to help people decrease their carbon footprints while enhancing their personal health and happiness. The goal is to develop and disseminate MCA widely, and to bring the resulting eco-wellness benefits to as many people as possible.

**Maggie Grabow** received her undergraduate degree in Environmental Studies from Washington University in St. Louis in 2005 before moving to Wisconsin to complete a master’s degree in Land Resources from UW-Madison in 2007. She then went on to earn a Master of Public Health degree from the UW School of Medicine and Public Health in 2010 and ultimately her PhD in Environment and Resources from the Nelson Institute in 2013. She is currently in her third year as a Primary Care Research Fellow in the UW Department of Family Medicine and Community Health. Dr. Grabow works on issues surrounding climate change, the built environment, and health. Her current endeavor is working with Dr. Bruce Barrett and others to develop and pilot-test the Mindful Climate Action program, an eco-wellness training program, which combines mindfulness meditation and climate change knowledge aimed at improving personal health and happiness and also improving planetary health.



# Session Descriptions and Speaker Biographies

9:45 a.m. – 10:45 a.m.

## Dear Stress, Let's Break Up!

Kristin Johnson Bott | *Industry Room*

Ever wish you could reboot yourself the way you restart your computer? Practice CTRL ALT DEL strategies to shift your thinking. Learn mindfulness strategies that can help you re-frame your thoughts and make choices to transition from admonishment to empowerment. Train your brain to focus on the only moment you have control over....the here and now. Practice techniques to be more present to yourself, your responsibilities, coworkers and loved ones. This workshop gives you the tools to refocus and achieve equanimity whether at work, in the car, or amidst your busy life. \*Includes a short chair meditation to help you break up with stress.\*

An early adopter and advocate for mindfulness and corporate/school wellness, **Kristin Johnson Bott** has brought mindful strategies, brain research, vision board workshops, intention setting and meditation for twelve years. A sought-after expert, motivational speaker, and consultant in education and corporate settings, she is Owner and Founder of Mindful Wellness, LLC whose focus is three-tiered: Mindfulness Training, Nutrition and Fitness/Yoga. Her clients include corporate, health care, insurance, education and non-profit. While working as an educator, Kristin led At-Risk-Programs and brought mindfulness to students and witnessed amazing improvements in behavior and focus with reduction in stress and anxiety. She holds a bachelor's of science degree in Education from University of Wisconsin-Eau Claire, and a Masters of Science in Special Education from North Dakota University. Her numerous certifications include: fitness, personal training, yoga, meditation and mindfulness with emphasis in corporate wellness.

## Conquering Time

Andrew Peterson | *Agriculture Room*

Learn how to access your personal energy cycle, prioritize to do lists, manage common time wasters, and create new habits in this session with Andrew Peterson of Life Matters.

**Andrew Peterson** is a psychotherapist, employee assistance professional and business psychology professional. He is the owner of Healthy Minds, LLC, a general private practice clinic in Madison. He is extensively trained in individual, couples and family therapy practice. He is a certified Mediator and Executive Coach. He is also an Assistant Professor of Marriage and Family Therapy at Edgewater College. Andrew uses a variety of therapeutic techniques to treat a broad range of clinical conditions across the spectrum of disorders. He is an expert in assessment response and care individuals, a families, and organizations experiencing critical incidents and traumatic death events.



# Session Descriptions and Speaker Biographies

11:00 a.m. – 12:00 p.m.

## Vibrant Workday

Twink Jan | *Marquee Theater*

Can that dying plant on your file cabinet be wearing you down--affecting your mental and physical health at work--every day? Learn the importance of a vibrant office and how to achieve one through this interactive organizing workshop. Twink Jan offers a conceptual toolkit built with life-giving principles and practical organizing techniques that will bring balance and wellbeing to your work-life environments. In this workshop you will learn how to improve your mental approach to organizing, and desktop and furniture arrangements that will improve your feelings of health, productivity, mental clarity, and focus for a vibrant workday—every day.

**Twink Jan** is a professional organizer and presenter specializing in room and desktop layouts that increase productivity and bring a sense of balance and wellbeing to her clients. As the owner of Room to Breathe Professional Organizing Services LLC, Twink teaches the underlying life principles and practical organizing skills that help overworked people become more centered through ordered environments. Believing that life is too precious to spend time looking for car keys or a lost report, Twink has developed an organizing toolkit that makes these kinds of frustrations things of the past. Her organizing behaviors and techniques help people find greater fulfillment in their careers and lives. When she is not helping clients transform packed storage rooms into new offices, or gaining control of file cabinets, she balances her own life with family and friends in camping, horseback riding and Asian cooking.

## Managing Aches and Pains in the Everyday Athlete

Erin Clark | *Fifth Quarter Studio*

Injuries are common in many areas of recreation and everyday life. Occasionally, sitting or standing all day at work can create injury. This workshop will address common injuries to the “everyday athlete” and provide guidance on treating these ailments. Participants will have the opportunity to practice these therapeutic exercises that can easily be performed either at home or while in the office. Some injuries we will focus on include plantar fasciitis, chronic ankle instability, low back pain, rotator cuff tendinitis and more!

**Erin Clark** has been a State of Wisconsin Licensed Athletic Trainer since 2006. She completed her Bachelors in Athletic Training and Masters of Science at the University of Wisconsin-La Crosse. Erin has been the Coordinator of Athletic Training at UW–Madison in the Division of Recreation & Wellbeing since August 2018. Prior to that she was an Assistant Athletic Trainer at UW–Whitewater within the Intercollegiate Athletics department for ten years. Erin works primarily with Sport Club students, but takes special interest in concussion management, therapeutic exercises, and injury prevention of all active individuals. She stays active by golfing, hiking, fishing, and chasing after her three small boys and husky.



# Session Descriptions and Speaker Biographies

11:00 a.m. – 12:00 p.m.

## Overcoming Imposter Syndrome and Recognizing Your Value

Sarah Webber | *Northwoods Room*

Imposter syndrome is characterized by feelings of inadequacy despite evident success. Women may be particularly vulnerable to imposter syndrome, which may hold them back from new opportunities. This workshop aims to help participants better understand imposter syndrome and take steps to overcome it.

**Dr. Sarah Webber** is a pediatrician who specializes in pediatric sedation. As Director of Well-being for the Department of Pediatrics, she is recognized as an expert in clinician well-being and has led many local efforts to support well-being of employees. She is currently a member of the Women's Wellness through Equity and Leadership cohort, which aims to promote women in medicine through three pillars of leadership, wellness and equity.

## Driving Motivation and Cohesion through Teamwork

Jared Markiewicz | *Landmark Room*

Teammates create some of the strongest bonds that exist, stronger at times than family! Coach Jared will highlight how motivation is facilitated by the right team environment and explore the foundational principles behind it. After this session, when combined with daily interactive strategies, you will have the ability to create satisfaction and cohesion like some of the strongest teams ever assembled.

**Jared Markiewicz** is the founder and CEO of Functional Integrated Training, Madison's go-to strength and performance facility for people from all walks of life. Additionally, he has presented at numerous national and international events on topics ranging from leadership to business ownership and, of course, strength training. He also sits on the advisory board for the IYCA and is a professional member of both the National Strength and Conditioning Association and USA Weightlifting. He loves to smile and make people happy, both inside and outside the gym. He believes everyone should make it a point to laugh HARD and do something fun every day, especially if it involves your spouse and kids! Jared enjoys spending quality time with a barbell, relaxing with a good book and qualifies himself a coffee, beer and bourbon snob.

## Building Healthier Relationships with Difficult Coworkers

Natalie DeMaioribus | *Industry Room*

Chimera® Self-Defense is about learning to reclaim our space in the world—setting and enforcing our boundaries, without damaging our friendships and important relationships. We all have coworkers who are difficult in some way. Maybe they use a nickname we hate; maybe they hug us too often; maybe they try to get us alone. The good news is, it's often possible to change these relationships for the better, without the drama and hurt feelings (or even the loss of our job) that we're afraid of. Assertive, honest communication is a cornerstone concept of Chimera. Our concrete, specific techniques, both verbal and non-verbal, transfer easily to the workplace. Yes, it can be tricky to figure out how to respond—and even harder to actually do it—but with some solid techniques, you too will be able to build better working relationships with your coworkers. Chimera Self-Defense is a program of the Rape Crisis Center.

**Natalie DeMaioribus** (she/her) became a Chimera Self-Defense instructor in 2015, and is still excited about it every day. Assertiveness and awareness are skills that are useful in every aspect of life—even in the elevator at work—and she enjoys advocating a radical approach to women's social discomforts and common fears. She has developed curricula for a variety of audiences, including teen survivors of childhood sexual abuse, English language learner tutors, and HR professionals. (And, yes, private workshops are available!) In her free time, she enjoys making music, cooking, and writing fiction.



# Session Descriptions and Speaker Biographies

11:00 a.m. – 12:00 p.m.

## Incorporating Wellness in the Workplace

Sara Arscott, Melanie Hebl, and Jennifer Taylor | *Agriculture Room*

Did you know that the UW has an ongoing initiative to improve wellbeing in the workplace? If you are interested in improving wellness and wellbeing for yourself and your department, join us for this interactive discussion! We will share with you the wellness resources available to UW-Madison staff, as well as our experiences leading wellness initiatives in our own offices. Come share your own ideas and experiences related to workplace wellness as we learn together.

Learning Objectives:

- Define Workplace Wellness
- Identify UW-Madison workplace wellness resources
- Explore wellness related activities that can be incorporated into the workplace

**Sara Arscott** is the Education and Research Coordinator for the UW Integrative Health Program in the Department of Family Medicine and Community Health (DFMCH). She is involved in developing innovative educational curriculum and programs for one of the best-known Integrative Health departments in the world. Integrative health is patient-centered, focuses on what matters most to individuals, and makes use of all appropriate therapeutic approaches to help achieve optimal health and healing. Dr. Arscott earned her masters and doctorate degrees in Nutritional Sciences from UW-Madison where her research focused on optimizing nutrition through food-based approaches. She is currently involved in championing workplace well-being in DFMCH and is eager to share her experiences.

**Melanie Hebl** is the Education Coordinator in the Office of Research and Sponsored Programs (RSP). She joined the UW in 2007 as a Grant and Contract Specialist working in RSP pre-award services. Prior to joining RSP, Melanie was a grant administrator for the WI DNR and an educator for the University of Georgia Extension. Melanie has presented educational sessions at local, regional, and national meetings on a variety of research administration topics. She has professional certificates in Online Education, Instruction, and Instructional Design. She is currently in the process of developing RSP's RED Program to expand educational opportunities for all UW research administrators. Melanie also co-leads a Wellness Initiative in RSP.

**Jennifer Taylor** has been with the International Faculty office since 2007. She specializes in all non-student immigration issues, such as filing permanent residency and other immigration applications for the University's employees. Prior to joining the University, Jennifer worked as an attorney for a law firm in Madison. Before attending law school, she work for the University of Wisconsin System Administration, in the Office of General Counsel. It was there she was first exposed to the world of immigration. She is a graduate of the University of Wisconsin Law School and the University of Wisconsin-Platteville. In her free time, she spends time with her two children, plays volleyball and enjoys competing in Tough Mudder events and traveling.



# Optional Mini-Sessions

12:00 p.m. – 1:15 p.m.

## Mid-Day Stretch & Breathe

Sara Arscott | *Fifth Quarter Studio*

Feed your mind some body! Learn about and experience movements and coordinated breathing exercises you can do at your desk or meeting room to gently energize your body and bring renewed clarity, creativity, and peace to the mind. Handouts with exercise descriptions will be provided for future reference. Come as you are, no equipment necessary.

**Sara Arscott** is the Education and Research Coordinator for the UW Integrative Health Program in the Department of Family Medicine and Community Health (DFMCH). She develops innovative educational curriculum and programs to support patients and healthcare practitioners. Sara earned her masters and doctorate degrees in Nutritional Sciences from UW-Madison, focusing on optimizing nutrition through food-based approaches. Sara is also a certified yoga teacher and has taught yoga and meditation at the UW and in the community for over 15 years. She is excited to lead Sunrise Yoga, and share movement and breathing exercise ideas that can be done at your desk and workplace.

## Workplace Workout

Emily Gartland | *Plaza (outside; if inclement weather, Northwoods Room)*

Exercise does not have to be in a gym, and it does not have to require equipment. Join Emily for a workout that you can do right at your desk! This workout will include a basic warm up, bodyweight exercises, and a cool down with stretching. No need to bring a change of clothes, but comfortable shoes are encouraged.

**Emily Gartland** is the current Assistant Director of Fitness at University Recreation & Wellbeing (Rec Well, for short). While she has only been at UW-Madison for a year, she is no stranger to the fitness world. Emily started out as a group fitness instructor when she was a student at UW-Platteville, where she earned her Bachelor's in Biology. Teaching group fitness led Emily to discovering her passion for fitness and helping others to feel good about themselves, so she later completed her Master's in Exercise Science at Concordia University Chicago. Additionally, she is a certified personal trainer and certified group fitness instructor. She is trained to teach a variety of formats including yoga, cycling, Zumba, strength, and barre, and she is excited to bring a Workplace Workout to you today!

## Tasting the World Chocolate from the Source

Brook Johnson | *Landmark Room*

Traditionally, cacao is harvested in the tropics and made into chocolate bars in Europe or The United States, but that is starting to change. Come taste the fruits of love and labor of chocolate makers working in the country of origin from Brazil, El Salvador, Haiti, and Hawaii.

**Brook Johnson** has been tasting and recording the evolution of the dark chocolate bar for 20 years. He is most interested in single origin bean-to-bar chocolates that uplift every participant in the chain and express a sense of place to the taster. He currently owns Yahara Chocolate and Tea in Stoughton, Wisconsin.



# Optional Mini-Sessions

12:00 p.m. – 1:15 p.m.

## Fit Your Job To You

Avelene Adler | *Industry Room*

Learn about ergonomics services at UW–Madison. Practice balance and micro-break techniques. Plan for how to integrate these concepts into our work.

**Avelene Adler** is a University of Wisconsin-Madison alumna with her Bachelors in Kinesiology-Exercise & Movement Science and her Doctorate in Physical Therapy. Prior to joining University Health Services, she was practicing in subacute and acute settings as a physical therapist. Her current area of focus is in the prevention of musculoskeletal disorders in the workplace and in adapting environmental and occupational demands to the individual. On campus, she conducts ergonomic trainings and assessments of workstations and job tasks.

## Howard Temin Lakeshore Path parkrun

David O'Connor | *Agriculture Room*

This presentation introduces parkrun, a group of more than 1,500 free, weekly, 5km timed events around the world. They are open to everyone, volunteer-led, free, and are safe and easy to take part in. The first Wisconsin parkrun, held on the Howard Temin Lakeshore Path, started in August of this year. We will explain how participation in parkrun improves well-being by encouraging activity and engagement with the community. For more information, see [www.parkrun.us/howardteminlakeshorepath/](http://www.parkrun.us/howardteminlakeshorepath/)

**Dave O'Connor** is a professor in the Department of Pathology and Laboratory Medicine. He took a sabbatical to Melbourne, Australia and learned about parkrun. He and his family participated in more than 30 parkruns while there and then he recently started the HTLP parkrun here in Madison.

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### Breakfast Menu

- Vanilla yogurt
- Granola
- Fresh berries
- Dried fruit and local honey
- Grapefruit breakfast salad
- Hard-boiled eggs
- Coffee
- Tea
- Juice

### Lunch Menu–Healthy Tailgate

- White meat chicken salad with soft roll (GF w/o bun)
- Jerk tofu with chimichurri sauce (vegan, GF, vegetarian)
- Tarragon potato salad (vegan, GF, vegetarian)
- Arugula, beet, orange salad with crispy quinoa and lemon honey yogurt (GF, vegetarian)
- Grilled local squash with lemon, ramp oil, montamore (GF, vegetarian)
- Sliced watermelon, crumbled feta, fresh basil, balsamic glaze (GF, vegetarian)

### Fair Booths

- All of Us Research Program - UW–Madison
- Campus Supervisors Network
- Clif Bar
- Dogs on Call
- Empathia
- Employee Assistance Office, UW–Madison
- FairShare CSA Coalition
- KIND
- Office of Child Care and Family Resources, UW–Madison
- Office of Sustainability, UW–Madison
- P.O.W.E.R.S. (Pregnancy Options WI: Education, Resources, & Support)
- University Recreation & Wellbeing
- UW Credit Union
- Well Wisconsin



# Session Descriptions and Speaker Biographies

1:30 p.m. – 2:30 p.m.

## Exercise is Medicine: Steps to a Healthier, Happier You

Lisa Cadmus-Bertram | *Marquee Theater*

This interactive workshop will introduce attendees to the Exercise is Medicine initiative and present information about the wellness benefits of even modest physical activity. Attendees will identify their own personal barriers to increasing their activity level and develop an individualized activity plan that is realistic, sustainable, and enjoyable.

**Lisa Cadmus-Bertram** is an epidemiologist with 16 years of experience designing and testing programs to help people enjoy a more active lifestyle. She completed her Ph.D. at Yale University, held a fellowship at the University of Washington, and worked as a scientist for several years at the University of California, San Diego prior to joining the UW–Madison in 2014. She directs an active research laboratory in the Department of Kinesiology, funded by grants from the National Institutes of Health and others. Dr. Cadmus-Bertram is also the faculty lead for the UW–Madison’s “Exercise is Medicine” team, which works to promote physical activity for all. Outside of work, Dr. Cadmus-Bertram enjoys spending time with her husband and children, sewing, baking, and of course... getting outdoors and being active!

## The Practice of Meditation

Bob McGrath | *Fifth Quarter Studio*

Discussion of the practice and benefits of meditation, followed by a meditation session.

**Bob McGrath** has worked at UW/UHS since 1990, for 19 years as Director of Counseling, 6 years as Coordinator of Mind/Body Wellness Services, and is now starting his fifth year as Emeritus (which means he gets to do just what he wants, like doing workshops at events like this one and giving Badger Talks around the state). He also has given talks for the Alumni Association around the country. His most requested talks are on Living with Vitality. After 20 years at UW, he received the Distinguished title.

## Maximizing Meetings

Theresa Kim | *Northwoods Room*

Make your meetings more valuable, more effective and more healthy. Most of us spend way too much time in meetings that are way too unproductive. Make the decision to be the one leading meetings that people leave feeling engaged, empowered, and energized. Learn ways that you can improve meetings as a participant, even if you are not leading the meeting. You will be provided with best practices, proven tips and tricks, and a few challenges along the way. Share tips that you have seen work. Together we’ll put a dent in boring, time-wasting meetings, and start maximizing them instead.

**Theresa Kim** is a facilitator, coach and consultant in the Learning and Talent Development department. With a background in corporate training, she is painfully familiar with boring meetings. Her style of facilitation encourages everyone to bring in and share their knowledge, and take away what will be truly valuable to them.



# Session Descriptions and Speaker Biographies

1:30 p.m. – 2:30 p.m.

## Deeper Connections: How Improv Can Strengthen Relationships

Brad Knight | *Landmark Room*

In this workshop you'll learn some of the key skills that improvisational performers use to connect and collaborate. Through a little lecture and a lot of experiential exercises you will see how these skills can strengthen and deepen your real-life relationships. Join Brad in the most fun session you'll have while learning some life skills!

**Brad Knight**, founder and creative director of Monkey Business Institute, is a 27-year veteran of the improv scene and experienced keynote speaker. Brad has many success stories sharing the improv-based mindset with thousands of individuals and organizations all over the country. Our Playshops, experiential improv-based skills training, help employees and groups move skills from abstract concepts to practical implementation. Brad is once again looking forward to presenting at UW-Madison!

## Score High: Using Credit Wisely

Renae Sigall | *Industry Room*

In this session you will learn why good credit is important, how to build your own credit, how to use credit wisely, how to request and read your credit report, and how to close credit accounts. Questions about credit and general financial wellness are welcome and encouraged!

**Renae Sigall** is the Branch Manager of UW Credit Union - Union South location. In her current role, Renae continues to grow her already impressive community partnerships and outreach while guiding her team at this hub location on the UW-Madison campus. Renae is a Madison transplant, having grown up in Central Wisconsin. She holds an associate degree in supervisory management from Mid-State Technical College, a bachelor's degree in business administration from Cardinal Stritch University, and a master's degree in organizational development from Edgewood College. As an advocate for the credit union movement, Renae has been working in the financial services industry since 1999. She has a passion for educating people on how to make smart financial choices and increasing financial literacy, particularly within underserved and underrepresented communities. In her leadership role at Union South, she hopes to deepen and expand her network of campus partnerships. If you would like to connect with Renae or her team, she can be reached at [rsigall@uwcu.org](mailto:rsigall@uwcu.org) or by visiting the UW Credit Union – Union South branch location.

## Sustainable Caregiving: Making Connections that Count

Jane De Broux | *Agriculture Room*

Participants will learn about planning strategies to help balance caregiving with self-care, along with resources available to help connect caregivers with much-needed support.

**Jane De Broux** is Caregiver Program Coordinator for Dane County and administers the National Family Caregiver Support Program grants for the Area Agency on Aging. In addition to the grant program, she provides family caregivers with resources and referrals to help them support care partners aging in place. The program focus is on helping caregivers maintain their lives and health while continuing to provide care for loved ones. Jane has been a caregiver for her parents and understands the challenges involved in balancing employment and caregiving tasks. Working with older adults and their families is an encore career for Jane who retired from her work as an award-winning writer and Editor of Wisconsin Magazine of History to study gerontology with an emphasis on caregiving in 2015. She is currently Editor of Caregiver Chronicles, Dane County's newsletter for caregivers. Her articles on caregiving topics are reprinted in newsletters and publications across the state.

A decorative border featuring a dense canopy of autumn trees with yellow and orange leaves, framing the central white area.

# Notes



### Third Floor



### Second Floor



	7:15 a.m.   Registration Opens   <i>Varsity Hall</i> 7:30 a.m.–8:15 a.m.   Sunrise Yoga   <i>Fifth Quarter Studio</i>					
8:20 a.m.-9:30 a.m.	Keynote Address Stacey Flowers, “The POWER of Happiness” <i>Varsity Hall</i>					
9:30 a.m.-9:45 a.m.	Break   <i>Varsity Hall</i>					
	<b>Marquee Theater Second Floor</b>	<b>Fifth Quarter Studio Second Floor</b>	<b>Northwoods Room Third Floor</b>	<b>Landmark Room Third Floor</b>	<b>Industry Room Third Floor</b>	<b>Agriculture Room Third Floor</b>
9:45 a.m.-10:45 a.m.	Living with Vitality: Pathways to Health and Happiness  Bob McGrath	Gratitude Painting  Taylor Franklin	Food As Medicine: How Our Nutrition Can Lead to Health  David Kiefer	Eco-Wellness, Mindful Climate Actions, and the Co-Benefits of Sustainable Health  Bruce Barrett & Maggie Grabow	Dear Stress, Let's Break Up!  Kristin Johnson Bott	Conquering Time  Andrew Peterson
10:45 a.m.-11:00 a.m.	Break   <i>Varsity Hall</i>					
11:00 a.m.-12:00 p.m.	Vibrant Workday  Twink Jan	Managing Aches & Pains in the Everyday Athlete  Erin Clark	Overcoming Imposter Syndrome and Recognizing Your Value  Sarah Webber	Driving Motivation and Cohesion through Teamwork  Jared Markiewicz	Building Healthier Relationships with Difficult Coworkers  Natalie DeMaioribus	Incorporating Wellness in the Workplace  Sara Arscott, Melanie Hebl, and Jennifer Taylor
12:00 p.m.-1:15 p.m.	Lunch, Wellness Champions Recognition, and Fair Booths					
12:45 p.m.-1:15 p.m. Optional Mini-Sessions		Mid-Day Stretch & Breathe  Sara Arscott	*ON PLAZA* Workplace Workout  Emily Gartland	Tasting World Chocolate from the Source  Brook Johnson	Fit Your Job to You  Avelene Adler	Howard Temin Lakeshore Path parkrun  David O'Connor
1:15 p.m.-1:30 p.m.	Break   <i>Varsity Hall</i>					
1:30 p.m.-2:30 p.m.	Exercise is Medicine: Steps to a Healthier, Happier You  Lisa Cadmus-Bertram	The Practice of Meditation  Bob McGrath	Maximizing Meetings  Theresa Kim	Deeper Connections: How Improv Can Strengthen Relationships  Brad Knight	Score High: Using Credit Wisely  Renae Sigall	Sustainable Caregiving: Making Connections that Count  Jane De Broux



Achievement



Meaning



Resiliency



Connection



Safety



Growth



Health

