



Conference Schedule

2019 Conference Schedule

[Sunday](#) | [Monday](#) | [Tuesday](#) | [Wednesday](#) | [Thursday](#) | [Friday](#)

Sunday

5:00 pm– 9:00 pm

Sunday, March 31

Registration

Registration Desk Open

Monday

6:30 am – 8:45 am

Monday, April 1

Breakfast

Continental Breakfast Buffet

8:00 am – 10 am

Monday, April 1

Registration

Registration Desk Open

9:00 am - 5:00 pm

Monday, April 1

Intensive Training Seminar

Motivational Interviewing: Skill-building for Beginning and Intermediate Practitioners – Day One

Susan Butterworth, PhD, MS

[View Description](#)

9:00 am - 5:00 pm

Monday, April 1

Intensive Training Seminar

Entrepreneurial Leadership: Using Your Unique Talents to Achieve Professional Fulfillment, Influence Others and Craft Your Career – Day One

Patty Purpur de Vries, MS

[View Description](#)

9:00 am - 5:00 pm

Monday, April 1

Intensive Training Seminar

Evaluating Workplace Health Promotion Programs – Day One

Ron Goetzel, PhD, MA

[View Description](#)

9:00 am - 5:00 pm

Monday, April 1

Intensive Training Seminar

Building Brain Health and Fitness at Work – Day One

Heidi Hanna, PhD, FAIS

[View Description](#)

9:00 am - 5:00 pm
Monday, April 1
Intensive Training Seminar

Stealing Fire: A Breakthrough, Step-By-Step Approach to Creating Inspiring Organizational Change So That The Healthy Choice Becomes the Easy Choice – Day One

David Hunnicutt, PhD, MS

[View Description](#)

9:00 am - 5:00 pm
Monday, April 1
Intensive Training Seminar

Activating Managers Boot Camp: Engaging Managers in Wellbeing, Why It Matters and How You Can Do It – Day One

Laura Putnam, MA

[View Description](#)

4:00 pm – 5:30 pm
Monday, April 01
Registration

Registration Desk Open

Tuesday

6:30 am – 8:45 am
Tuesday, April 2
Breakfast

Continental Breakfast Buffet

8:00 am – 10 am
Tuesday, April 02
Registration

Registration Desk Open

9:00 am - 5:00 pm
Monday, April 1
Intensive Training Seminar

Motivational Interviewing: Skill-building for Beginning and Intermediate Practitioners – Day Two

Susan Butterworth, PhD, MS

[View Description](#)

9:00 am - 5:00 pm
Monday, April 1
Intensive Training Seminar

Entrepreneurial Leadership: Using Your Unique Talents to Achieve Professional Fulfillment, Influence Others and Craft Your Career – Day Two

Patty Purpur de Vries, MS

[View Description](#)

9:00 am - 5:00 pm
Monday, April 1
Intensive Training Seminar

Evaluating Workplace Health Promotion Programs – Day Two

Ron Goetzel, PhD, MA

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9:00 am - 5:00 pm
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Intensive Training Seminar

Building Brain Health and Fitness at Work – Day Two

Heidi Hanna, PhD, FAIS

[View Description](#)

9:00 am - 5:00 pm
Monday, April 1

Stealing Fire: A Breakthrough, Step-By-Step Approach to Creating Inspiring Organizational Change So That The Healthy

Intensive Training Seminar

Choice Becomes the Easy Choice – Day Two

David Hunnicutt, PhD, MS

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9:00 am - 5:00 pm

Monday, April 1

Intensive Training Seminar

Activating Managers Boot Camp: Engaging Managers in Wellbeing, Why It Matters and How You Can Do It – Day Two

Laura Putnam, MA

[View Description](#)

4:00 pm – 9:00 pm

Tuesday, April 02

Registration

Registration Desk Open

5:00 pm – 6:00 pm

Tuesday, April 02

Orientation

Welcome and Orientation**Wednesday**

6:30 am – 7:30 am

Wednesday, April 03

Activity Sessions

Activity Sessions[View Descriptions](#)

6:30 am – 8:45 am

Wednesday, April 3

Breakfast

Continental Breakfast Buffet7:00 am – 6:30 pm (closed
during keynote)

Wednesday, April 03

Registration

Registration Desk Open

8:00 am – 5:00 pm

Wednesday, April 03

Exhibits

Exhibits

9:00 am - 10:45 am

Wednesday, April 3

Keynote

How Do We Adapt to the Emerging Growth and Evolution of Health Promotion?

Rajiv Kumar, MD

[View Description](#)

11:00 am - 12:05 pm

Wednesday, April 3

Breakout

Applying Person-Centered, Active Learning Strategies to Improve Participant Engagement in Health Promotion

Michelle D'Abundo, PhD, MSH, CHES, ELI-MP, CPC

[View Description](#)

11:00 am - 12:05 pm

You Are What You Think: Creating a Mindset of Health

Wednesday, April 3
Breakout

Raquel Garzon, DHSc, RDN, SSGB
[View Description](#)

11:00 am - 12:05 pm
Wednesday, April 3
Breakout

Myth vs. Reality: Five Truths Every Health Promotion Professional Should Know
Rebecca Johnson, MS, CHWC
[View Description](#)

11:00 am - 12:05 pm
Wednesday, April 3
Panel Discussion

From Plan to Brand: Critical Milestones for Long-term Health Promotion Career Success
Monair H. McGregor, PhD, MPH, CHES
Stephanie L. Burke, MS, MHA, CHES
Melissa J. Haithcox-Dennis, PhD, MCHES
Scott A. McGregor, MA, MS
[View Description](#)

11:00 am - 12:05 pm
Wednesday, April 3
Breakout

Fostering Positivity that Fuels Productivity
Marie-Josée Shaar, MAPP, CWCC
[View Description](#)

11:00 am - 12:05 pm
Wednesday, April 3
Breakout

Back to the Future: Why Grit and Self-Control Matter in Health and Achievement
Robert Swoap, PhD, MS
[View Description](#)

1:45 pm - 2:50 pm
Wednesday, April 3
Breakout

Putting Science Back Into Practice: Balancing Rigor and Reality in the Future of Health Promotion
David Ballard, PsyD, MBA, MA
[View Description](#)

1:45 pm - 2:50 pm
Wednesday, April 3
Breakout

Beyond Grit: How Mental Toughness Insights Can Impact Your Wellbeing Outcomes
Brad Cooper, MBA, MSPT, MTC, ATC, CWC
[View Description](#)

1:45 pm - 2:50 pm
Wednesday, April 3
Breakout

Empathy Mapping: Improving Design and Effectiveness of Health Promotion Interventions
Jolynn K. Gardner, PhD, MA, CHES
[View Description](#)

1:45 pm - 2:50 pm
Wednesday, April 3
Program Description

How Failing Made Us Successful: Key Strategies to Overcome Resistance, Gain Buy-In and Effectively Implement Strategies to Increase Clinic Traffic
Jayme Mayo, MS
[View Description](#)

1:45 pm - 2:50 pm
Wednesday, April 3
Breakout

Employee Wellness Program Regulations: How to Protect the Individual and Promote Health and Wellbeing

Jim Pshock

[View Description](#)

1:45 pm - 2:50 pm
Wednesday, April 3
Breakout

Resonation and Quickening: The Magic in Resiliency Training

Glenn E. Richardson, PhD, MS

[View Description](#)

3:15 pm - 4:20 pm
Wednesday, April 3
Breakout

Removing Barriers, Increasing Opportunities and Enhancing Support Strategies for Reaching the Hard to Reach

Judd Allen, PhD, MA

[View Description](#)

3:15 pm - 4:20 pm
Wednesday, April 3
Breakout

Integrating Health Coaches Into the Primary Care Setting: Lessons Learned from the MODEL Study

Susan Butterworth, PhD, MS, RHC-III, CCP

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3:15 pm - 4:20 pm
Wednesday, April 3
Breakout

Recharge Your Brain and Your Business: Tools and Techniques to Boost Brainpower at Work

Heidi Hanna, PhD, FAIS

[View Description](#)

3:15 pm - 4:20 pm
Wednesday, April 3
Breakout

The New Generation of Healthy People: Mind, Behavior, and Society

Wenli Jen, EdD, EdM

[View Description](#)

3:15 pm - 4:20 pm
Wednesday, April 3
Breakout

How to Build a For-Real Culture of Health (And Not Just a Pretend One)

Laura Putnam, MA

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6:00 pm - 7:00 pm
Wednesday, April 03
Activity Sessions

Activity Sessions

[View Descriptions](#)

7:00 pm - 8:00 pm
Wednesday, April 03
Reception

Welcome Reception

Thursday

6:30 am - 7:30 am
Thursday, April 04
Activity Sessions

Activity Sessions

[View Descriptions](#)

6:30 am – 8:45 am
Thursday, April 4
Breakfast

Continental Breakfast Buffet

8:00 am – 6:30 pm (closed
during keynote)
Thursday, April 04
Registration

Registration Desk Open

8:00 am – 5:00 pm
Thursday, April 04
Exhibits

Exhibits

8:00 am – 5:00 pm
Thursday, April 04
Poster Presentations

Posters on Display

9:00 am - 10:45 am
Thursday, April 4
Keynote

Epigenetics: Change your Genes, Change your Life

Kenneth R. Pelletier, PhD, MD

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11:00 am - 12:05 pm
Thursday, April 4
Breakout

Integrating the Growth Mindset and the Power of Yet in Your Personal and Professional Life!

Suzanna Cooper, MA, MS, OTR/L, LPCC, NBC-HWC

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11:00 am - 12:05 pm
Thursday, April 4
Breakout

Entrepreneurial Leadership and Design Thinking in Wellness

Patty Purpur de Vries, MS

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11:00 am - 12:05 pm
Thursday, April 4
Breakout

Myth vs. Reality: Five Truths Every Health Promotion Professional Should Know

Rebecca Johnson, MS, CHWC

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11:00 am - 12:05 pm
Thursday, April 4
Panel Discussion

Sexuality and Gender Inclusive Health Promotion: An Applied Panel for Health Professionals

Aubri Rote, PhD, MS, CSCS

Jen Sanchez-Flack, PhD, MPH

Shawn N. Mendez, PhD, MS

Jordan Perry, MPH, CHES, CWWS

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11:00 am - 12:05 pm
Thursday, April 4
Breakout

Employee Wellness Program Regulations: How to Protect the Individual and Promote Health and Wellbeing

Jim Pshock

[View Description](#)

11:00 am - 12:05 pm
Thursday, April 4
Research Report

Analytics and the Wellness Industry: In Order to Form a More Perfect Union

Earl Thompson, MA, ABD
Jack Baker, PhD

[View Description](#)

12:15 pm - 1:45 pm
Thursday, April 04
Poster Presentations

Poster Presentations

Presenters at posters

1:45 pm - 2:50 pm
Thursday, April 4
Breakout

Putting Science Back Into Practice: Balancing Rigor and Reality in the Future of Health Promotion

David Ballard, PsyD, MBA, MA

[View Description](#)

1:45 pm - 2:50 pm
Thursday, April 4
Breakout

Applying Person-Centered, Active Learning Strategies to Improve Participant Engagement in Health Promotion

Michelle D'Abundo, PhD, MSH, CHES, ELI-MP, CPC

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1:45 pm - 2:50 pm
Thursday, April 4
Breakout

Creating Change by Design: Five Irrefutable Laws That Make Change Stick

David Hunnicutt, PhD, MS

[View Description](#)

1:45 pm - 2:50 pm
Thursday, April 4
Breakout

The New Generation of Healthy People: Mind, Behavior, and Society

Wenli Jen, EdD, EdM

[View Description](#)

1:45 pm - 2:50 pm
Thursday, April 4
Breakout

Rethinking Health Promotion in the Workplace: Engaging Employees the Total Worker Health® Way

Anjali Rameshbabu, PhD, MS, MSc
Helen J. Schuckers, MPH

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1:45 pm - 2:50 pm
Thursday, April 4
Breakout

Back to the Future: Why Grit and Self-Control Matter in Health and Achievement

Robert Swoap, PhD, MS

[View Description](#)

3:15 pm - 4:20 pm
Thursday, April 4
Breakout

Picking the Right Mix of Wellness Culture Strategies for your Setting and Resources

Judd Allen, PhD, MA

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3:15 pm - 4:20 pm
Thursday, April 4
Breakout

Do Workplace Health Promotion (Wellness) Programs Work? What Does the Latest Research Tell Us?

Ron Goetzel, PhD, MA

[View Description](#)

3:15 pm - 4:20 pm
Thursday, April 4
Breakout

Resonation and Quickening: The Magic in Resiliency Training

Glenn E. Richardson, PhD, MS

[View Description](#)

3:15 pm - 4:20
Thursday, April 4
Breakout

The Moonshot Team: Simple & Fast Innovation

Stefana Saxton, MBA, PMP, MBB

[View Description](#)

3:15 pm - 4:20 pm
Thursday, April 4
Panel Discussion

Transforming Health Promotion Using Mobile Technology, Micro-data and Better Coalition Creation.

Elizabeth Serieux, PhD, MPH, CHES

Diana M. Reindl, PhD, MA, CHES

Alyssa Mayer, PhD, MPH, CPH

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3:15 pm - 4:20 pm
Thursday, April 4
Breakout

Fostering Positivity that Fuels Productivity

Marie-Josée Shaar, MAPP, CWCC

[View Description](#)

6:00 pm - 7:00 pm
Thursday, April 04
Activity Sessions

Activity Sessions

[View Descriptions](#)

Friday

6:30 am - 7:30 am
Friday, April 05
Activity Sessions

Activity Sessions

[View Descriptions](#)

6:30 am - 8:45 am
Friday, April 5
Breakfast

Continental Breakfast Buffet

8:00 am - 5:30 pm (closed
during keynote)
Friday, April 05

Registration Desk Open

8:00 am - 5:00 pm
Friday, April 05
Exhibits

Exhibits

8:00 am – 3:00 pm
Friday, April 05
Poster Presentations

Posters on Display

9:00 am - 10:45 am
Thursday, April 4
Keynote

Catalyzing Communities to Reverse the Trend of Childhood Obesity

Christina D. Economos, PhD

[View Description](#)

11:00 am - 12:05 pm
Friday, April 5
Research Report

New Analytic Tools to Support Proactive Client Engagement: Demographic Forecasts of Population Health Dynamics

Jack Baker, PhD

[View Description](#)

11:00 am - 12:05 pm
Friday, April 5
Breakout

Beyond Grit: How Mental Toughness Insights Can Impact Your Wellbeing Outcomes

Brad Cooper, MBA, MSPT, MTC, ATC, CWC

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11:00 am - 12:05 pm
Friday, April 5
Breakout

Integrating the Growth Mindset and the Power of Yet in Your Personal and Professional Life!

Suzanna Cooper, MA, MS, OTR/L, LPCC, NBC-HWC

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11:00 am - 12:05 pm
Friday, April 5
Breakout

The Moonshot Team: Simple & Fast Innovation

Stefana Saxton, MBA, PMP, MBB

[View Description](#)

11:00 am - 12:05 pm
Friday, April 5
Panel Discussion

Creating Healthy Cultures Takes Work: Case Studies, Evidence & Real-World Implications for the Workplace

Emily Wolfe, MSW, LCSW

Jennifer Flynn, MS

Dan Krick, MA, SPHR

Kathy Meacham Webb, MBA

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12:15 pm – 1:45 pm
Friday, April 05
Poster Presentations

Poster Presentations

Presenters at posters

1:45 pm - 2:50 pm
Friday, April 5
Breakout

Empathy Mapping: Improving Design and Effectiveness of Health Promotion Interventions

Jolynn K. Gardner, PhD, MA, CHES

[View Description](#)

1:45 pm - 2:50 pm

You Are What You Think: Creating a Mindset of Health

Friday, April 5

Breakout

Raquel Garzon, DHSc, RDN, SSGB

[View Description](#)

1:45 pm - 2:50 pm

Friday, April 5

Program Description

H.E.A.R.T: an Innovative Program Shaping Social Norms and Promoting Healthy Relationships for Youth & Young Adults

Jennifer Ponce, CHES

[View Description](#)

1:45 pm - 2:50 pm

Friday, April 5

Breakout

Rethinking Health Promotion in the Workplace: Engaging Employees the Total Worker Health® Way

Anjali Rameshbabu, PhD, MS, MSc

Helen J. Schuckers, MPH

[View Description](#)

1:45 pm - 2:50 pm

Friday, April 5

Breakout

Analytics and the Wellness Industry: In Order to Form a More Perfect Union

Earl Thompson, MA, ABD

Jack Baker, PhD

[View Description](#)

3:15 pm - 4:15 pm

Friday, April 05

Reception

Farewell Reception

Hilton Head Marriott Resort & Spa
Hilton Head Island, South Carolina
April 1 - 5, 2019

Core Conference: April 3 - 5, 2019

Intensive Training Seminars:

April 1 & 2, 2019



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