9:30 – 10:00 Registration
10:00 – 10:15 Welcome
10:15 – 11:15 MORNING KEYNOTE PRESENTATION
David L. Katz MD, MPH, FACPM, FACP
Learn from one of the world’s most influential people in health and wellness how small changes in behavior patterns are key for improving health. He will explain how we can reduce chronic illness by up to 80% using feet, fingers and forks in order to improve diet and exercise as well as reduce tobacco use in your communities and organizations
11:15 – 11:30 Break
11:30 – 12:20 MORNING BREAKOUT SESSIONS: All four options will be repeated in the afternoon.

1. Partnering for Sustainability Panel
   This panel will consider strategic community partners that coalitions should engage and provide examples of successful, sustainable community efforts that have used partnerships to make progress. You will get to hear both local and national examples.

2. Healthy Food Access Panel
   This panel will explore what Kansas organizations are doing to improve access to healthy food and beverage options in a variety of settings in their communities. You will get to hear directly from the local partners leading these initiatives, learn from them, and ask them questions.

3. Worksite Wellness Best Practices Panel
   This panel will share strategies from WorkWell KS worksites across the state to make progress toward improving health and their business. Hear from worksites that are changing the culture of their worksites. Learn how strategies being implemented could be replicated in your own worksite.

4. A Deeper Dive with David Katz
   This breakout will provide a deeper dive into Dr. Katz keynote presentation. Explore additional strategies proven to reduce the risk of chronic disease and improve health.
12:20 – 1:30  Lunch and Recognition of Rock Stars

1:30 – 2:20  AFTERNOON BREAKOUT SESSIONS (Repeat of the morning sessions.)

2:20 – 2:40  Break

2:40 – 3:50  AFTERNOON PLENARY SESSION

HEALTH CHAMPION AWARDEE PANEL
Hear from the 2017 Symposium Awardees that received recognition for improving health in their worksite, community, and organization. Learn about the planning that was done, steps that were taken, strategies being implemented, and barriers overcome to make significant impacts in their areas of work. Gain insight and ideas that could be replicated in your own communities.

3:50 – 4:00  Closing

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