

2019



# WORKSITE WELLNESS CONFERENCE

## AGENDA

- 8:30 Registration and Networking  
*-Coffee and tea available-*  
*-Vendors and information-*
- 9:30 Welcome
- 10:00 Healthy Arizona Worksite Program
- 11:00 Healthy Break—Yoga
- 11:15 Lunch  
*-Lunch will be provided-*
- 12:15 Healthy Worksites Panel
- 1:00 No Rest Days Presentation
- 2:00 Healthy Break—Mindfulness
- 2:30 4 Pillars of Prevention—Brain Health
- 3:30 Closing and Raffle

**FRIDAY, SEPTEMBER 27th , 2019**  
**8:30 am—4:00pm**

Cochise College—Sierra Vista  
Conference Room  
901 N Colombo Avenue

**REGISTER NOW**

## REGISTRATION

Register by September 13th, 2019

## QUESTIONS

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## PARTNERS



*Moving the wheels towards a healthy workplace*