



# HEALTHY SOUTH TEXAS

## Building a Healthy Workplace *Research Meets Practice*

### DRAFT AGENDA

8:30 - 9:00	Registration
9:00	Welcome & Introductions
9:15- 9:45	It Pays to Promote Wellness
9:45 - 10:00	Fit 'Tid Bits' For The Workplace
10:00	A Blueprint to Build Your Employee Wellness Plan
11:15	Round Table Discussion on Barriers
12:00	Networking Lunch
12:45	Ground Level Program Opportunities
1:00	Interactive Table Experiences
1:45	Stretch Break
2:00	Next Steps for your Employee Wellness Plan
2:30	Innovative Group Sharing
2:45	Evaluation and Wrap Up
3:00	Adjourn

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