



“BUILDING A CULTURE OF WELLNESS AT UC”
2008 UC LIVING WELL SUMMIT AGENDA

Monday, May 5

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| 9:00 - 10:00 am | Registration and Breakfast |
| 10:00 - 10:45 am | Opening Session |
| 10:45 - 11:00 am | Oxygenating and Energizing Break |
| 11:00 am - 12:30 pm | Evaluating Wellness Efforts
<i>How Do I Know If What I am Doing Is Working</i>
Deloitte Consulting |
| 12:30 – 1:30 pm | Lunch |
| 1:30 - 2:30 pm | Healthy Pleasures
<i>The Health Benefits of Sensuality, Optimism, and Altruism</i>
David S. Sobel, M.D., M.P.H
Director of Patient Education and Health Promotion
Kaiser Permanente |
| 2:30 – 2:45 pm | Oxygenating and Energizing Break |
| 2:50 – 3:00 pm | Raffle |
| 3:00 – 4:00 pm | Breakout Sessions <ul style="list-style-type: none">▪ <i>Communications Strategies for Success</i>▪ <i>Opportunities for Collaboration</i>▪ <i>Creating a Healthy Campus Environment</i> |
| 4:15 - 5:00 pm | Activity Choice <ul style="list-style-type: none">▪ <i>Pedometer Calibration and Sports Facility Tour</i>▪ <i>Access to all Fitness equipment and Core classes</i>▪ <i>Poster Displays</i> |



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Tuesday, May 6

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| 7:00 - 8:00 am | Breakfast |
| 8:00 – 9:00 am | Concurrent Sessions <ul style="list-style-type: none">▪ <i>Accomplishing Your Vision</i>
David R. Anderson, Ph.D.
President and Chief Operating Officer, StayWell▪ <i>Defining Wellness for Student Services</i> |
| 9:00 – 10:30 am | Concurrent Sessions <ul style="list-style-type: none">▪ <i>Spotlight on Local Faculty Staff Worksite Wellness Programs</i>▪ <i>Implementing Tier 2 and 3 of the Student Mental Health Report</i> |
| 10:30 – 10:45 am | Oxygenating and Energizing Break |
| 10:45 am – Noon | Sharing Ideas for Program Collaboration, Support and Incentives |
| Noon – 1:00 pm | Lunch |
| 1:00 – 2:00 pm | Making the Connection between Mental and Physical Health
Michael D. Young, Ph.D.
Co-chair of the Student Mental Health Oversight Committee and Vice Chancellor for Student Affairs, UC Santa Barbara |
| 2:15 – 3:30 pm | Wrap-up and Next Steps |
| 3:30 pm | Raffle |