

5th Annual Iowa Workforce Health Symposium @ UnityPoint Health – Education & Research Center (Thompson Auditorium)

Timeslot	Action
9:30am	Check-In/Registration/Vendor Tables
10:05am	Welcome <i>Courtney Greene, Director of External Partnerships and Community Engagement, UnityPoint Health</i>
10:15am	Event Greetings/Emcee <i>Wesley Franklin, Community Impact Director, American Heart Association</i>
10:25am	Impact Video - Heart Health
10:30am	Understanding the Foundations & Impact of Heart Disease <i>Dr. Lena Rydberg, Internal Medicine, The Iowa Clinic</i>
11:15am	Lunch/Networking Break/Vendor Tables
12:15pm	Our Healthy Life Journey...The Moment is NOW <i>Keynote Speaker, Dr. Anthony B. Coleman, President & CEO, Broadlawns Medical Center</i>
12:45pm	Living Healthier with Intrinsic Motivation <i>Dr. Warren Phillips, Clinical Psychologist, Teaching Professor, Iowa State University</i>
1:15pm	Mindful Meditation & Stretch
1:30pm	Wellness for the Workplace Life <i>Whitney Kolbe, Global Fitness and Wellness Manager, Kemin Industries</i>
2:00pm	Invest in Your Heart Health <i>Kyle Davis, Owner, GYMGUYZ</i>
2:30pm	Well-being Works Better®: Empowering Organizations To Create A Culture of Health and Well-being <i>Heather Gavras, National Program Lead for Nutrition & Well-being, American Heart Association</i>
3:00pm	Closing Remarks <i>Angela Hilbert, Executive Director, American Heart Association</i>