



The Living Well Alliance presents

Workplace Wellness Symposium

Wednesday, September 11, 2019

Pacific Medical Center Beacon Hill—at Pacific Tower

Program of Event

- 10:00–10:10 am** Attendee arrival
- 10:10–10:40 am** Welcome, introductions and networking activity
- 10:40–11:55 am** Mya Kwon, RDN – *Intuitive Eating and Size-Bias Considerations in the Workplace*
Seattle Pacific University
- 11:55–12:10 pm** **BREAK** (gather provided lunch from Evergreens Salads)
- 12:10–1:30 pm** Lunch & panel discussion: “Inspiration for your wellness program”
- Julie McDowell – *Keys to Engagement*
Association of Washington Cities Employee Benefit Trust
- Paige Sipes-Metzler, DPA, MS, RN – *Network of Wellness Champions*
Aon Health Solutions
- Carol Frieberg – *Considerations for Your Wellness Fair*
Aetna
- Karmen Bickel – *Mental Health Support in the Workplace*
Cascade Centers
- Courtney Touw – *Wellness Resources for Funding and Support*
Alliant Employee Benefits
- 1:30–1:35 pm** **BREAK**
- 1:35–2:05pm** Wellness activities (choose 1)
- *Chair Yoga at Work* – Christy Goff, RDN, RYT200
 - *Healthy Snacks Cooking Demo* – Kathleen Bradley, RDN
- 2:05–2:30 pm** Final remarks and raffles!



Christy Goff, MS, RDN, CD, is your host today! She is a registered dietitian leading the Living Well Alliance, an initiative of Pacific Medical Centers to make the latest scientifically based wellness tips and education accessible to employees where they work. She is a graduate from both the master’s program and internship at Bastyr University. Christy is also a registered yoga instructor and offers yoga classes for all levels and abilities to companies and communities around Puget Sound. Christy enjoys camping, being outdoors, cooking and photography. christineg@pacmed.org

Symposium Speakers



Mya Kwon, a registered dietitian, holds a Master of Public Health in Nutritional Sciences from the University of Washington. She specializes in the treatment of clinical eating disorders, as well as recovery from chronic dieting, emotional eating, and struggles with body image and relationship with food. She is currently staff dietitian of the Student Counseling Center at Seattle Pacific University; as Adjunct Professor she also teaches courses in nutrition and dietetics. At her small private practice in Wallingford, Mya works with private clients across the spectrum of eating disorders and non-diet approaches to weight and health. Twice a year, she co-facilitates with a therapist-colleague a body image group for women titled “Embrace Your Body and the Whole You.” nutrition@myakwon.com



Julie McDowell is health promotion supervisor at the Association of Washington Cities. She has served cities for 38 years. She enjoys helping AWC Trust members find creative approaches to their goals and takes pride in watching small employers build world-class wellness programs. She began her career at the City of Cheney before joining AWC, where she’s been leading the Trust’s health promotion efforts since 1987. Julie is a proud Washington native who has called both sides of the state her home. In her spare time, she enjoys reading, wagon rides, and pogo stick contests with her three grandchildren. juliem@awcnet.org



Carol Frieberg is director of wellness at Aetna Northwest. Carol helps align Aetna’s wellness programs with the health and wellness goals of Aetna clients. With a strong background in corporate health promotion, she is passionate about bringing wellness to the workplace by providing resources and inspiration to groups ready to take positive steps for a healthier future. Carol is also a certified wellness coach and former food editor for General Mills and national spokesperson for Betty Crocker. She is certified as a Mindfulness Advocate at Aetna. FriebergC@AETNA.com



Karmen Bickel is senior sales associate at Cascade Centers. She works hands on with industry professionals and employers to beef up their efforts around emotional well-being. In her career she has represented companies that specialize in corporate wellness, consumer price transparency, ethics and compliance, and most recently EAPs. She is a social butterfly, attending as many industry events and networking to keep up to date on the latest employee benefits trends. You’ll find Karmen is always open to discussions about health, wellness, community giving and travel. kbickel@cascadecenters.com



Paige Sipes-Metzler, DPA, MS, RN, is vice president and national subject-matter expert on Aon’s Health Transformation Team. Based in Portland, OR, she combines clinical, strategic and operational expertise to design and develop population-specific workplace health strategies and employer benefit designs for clients nationwide. Her extensive background working with local, state and national government entities gives her a unique understanding of health and well-being issues facing public employers and their employees. Dr. Sipes-Metzler has more than 25 years of experience. She has a doctorate of public administration from the University of Southern California, a MS in nursing administration from UC San Francisco, and a BS in nursing from the University of Pennsylvania. paige.sipes-metzler@aon.com



Courtney Touw has 23 years of experience in the healthcare industry, 14 years as a consultant with Alliant and previously as regional director of sales at MetLife. Courtney was named a “2017 Power Broker” by *Risk & Insurance* magazine. He is a frequent national and international speaker on healthcare, wellness and consumerism. He guides clients during plan design and selection of vendor/carrier, educates them about market conditions and products, negotiates contracts and renewals with carriers, and ensures client satisfaction by monitoring their service team and overseeing deliverables from other Alliant departments. Typical clients include self-funded, complex, multistate employers, who often have an international approach to benefits. Courtney received a bachelor’s in human resources management and service from the University of Idaho. ctouw@alliant.com



Kathleen Bradley, RDN, CDE, is an outpatient registered dietitian and certified diabetes educator working at the north regional clinics of Pacific Medical Centers. She enjoys working alongside the individual, educating and empowering them to make good nutrition choices. Her medical interests include diabetes, weight management, pediatric nutrition and worksite wellness. Kathleen enjoys cooking with family and friends, playing music, drawing and traveling. kathleenb@pacmed.org