



28th Annual Worksite Wellness Conference

Inspire. Explore. Create. Your Extraordinary Impact.

Join us at the 28th Annual Worksite Wellness Conference for an inspiring learning and networking experience filled with emerging ideas focusing on how to impact wellbeing, deepen organizational culture, and create meaningful experiences for employees! Don't miss Wisconsin's premier worksite wellness event to explore topics such as, positive psychology; culture of wellbeing; built environment; mental health; community; the workplace of the future; and engagement.

- 6:00 AM Sunrise Yoga
- 7:00 AM Registration | Exhibits | Networking | Breakfast
- 8:15 AM Welcome | Opening Remarks
- 8:30 AM Opening Keynote
A Model of Positivity for Extraordinary Workplaces
MJ Shaar, MAPP
- 9:30 AM Exhibits | Networking | Physical Activity
- 10:00 AM Skill Building Session I
The Science and Art of Corporate Compassion
Aaron Hunnel, CWP, CIC, Owner of High Thrive Wellbeing
Embracing the Human Experience to Create a Thriving Workforce
Cheryl Mealey, BS, CHES, Principal, Mercer Employee Health and Benefits
The Workplace of the Future: An Ideation Session
Michelle Spehr, MA, M.Ed., MCHES, CWWPC, CWF, Health and Wellness Consultant, The Benefit Services Group, Inc.
Mari Ryan, MBA, MHP, CWP, CEO/Founder of Advancing Wellness
Champion Mental Health with Voice. Value. Vigilance.
Mettie Spiess, CWP, International Mental Health Speaker, Founder of A World Without Suicide
- 11:00 AM Exhibits | Networking | Physical Activity | Snack
- 11:30 AM Skill Building Session II
Exploring the Past and Creating a Meaningful Future for Workplace Wellbeing (WCWI Member Panel)
Jesse Stukenberg, RN, BSN, Wellbeing Consultant/Community Activator Bellin Health
Julie Eusebio, MS, Wellness Administrator Mortgage Guaranty Insurance Corporation
Molly Heisterkamp, Disease Management & Wellness Program Manager, Strategic Health Policy, WI Department of ETF
Jeff Stieg, PHR, SHRM-CP, CWWWS, CWHC, Senior Health & Wellness Specialist, Goodwill NCW
Kristin Kipp, MS, RD, LD, CSCS, Director of Employee Wellness, Marquette University
A Culture of Kyndfulness to Enhance the Mental Wellbeing of Your Employees
Justin Kruger, CEO and Founder at Project Helping and KyndHub
Navigating the Legal Landscape of Wellness Programs
Charles Stevens, Partner Michael Best & Friedrich, LLP
Show Me the Money: The Value of Financial Health
Jessica Raddemann, CHES, Health & Wellness Director, Willis Towers Watson
Beth Stewart, MS, RD, Vice President, Health Management Consulting – Midwest Region, Willis Towers Watson
- 12:30 PM Lunch | Elections
- 1:30 PM Luncheon Keynote
A New Generation of Wellness: Your Part in the Evolution
Ryan Picarella, CEO, WELCOA
- 2:30 PM Exhibits | Networking | Physical Activity | Snack
- 3:00 PM Skill Building Session III
Three Transformative Strategies for a Culture of Wellbeing
Colleen Reilly, MBA/MSM, VP ThrivePass Services
Weighty Issues in the Workplace
Lori Klos, PhD, RD, Associate Professor and Nutritional Sciences Program Director, University of Wisconsin – Milwaukee
Reimagine the WorkPLACE to Inspire Wellbeing
Dan Kalkman, M.Arch, WELL AP, Fitwel Ambassador, Architectural Designer, Rinka Chung Architecture
The Inspirers, Explorers, and Creators
Six Extraordinary Thinkers
- 4:00 PM Adjourn