



# Understanding Nutrition Food Labels and Increasing Physical Activity in the Workplace

Beacon Center, Large Conference Room  
8323 N.W. 12th Street, Suite 212, Miami, FL 33126  
Thursday, December 4, 2014  
9:30 a.m. – 11:30 a.m.

## *Agenda*

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| <b>Arrival &amp; Sign-In</b>   | 9:00 a.m. - 9:30 a.m.   |
| <b>Welcome &amp; Opening Remarks</b><br>(Approval of November meeting minutes & election results announced)<br><i>Shawn Ramirez, Consortium Worksite Wellness Committee Chair</i><br><i>Marlene Rodriguez, Consortium Worksite Wellness Committee Co-Chair</i> | 9:30 a.m. - 9:45 a.m.   |
| <b>Increasing Physical Activity in the Workplace<br/>&amp; Group stretch break #1</b><br><i>Shawn Ramirez, BS, National Youth Program Director, BattleFrog</i><br><i>Question &amp; Answer Session</i>   | 9:45 a.m. – 10:00 a.m.  |
| <b>Understanding Nutrition Food Labels</b><br><i>Marlene Rodriguez MBA, RDN, LDN, Employee Program<br/>&amp; Events Specialist, Bayview Asset Management, LLC</i><br><i>Question &amp; Answer Session</i>  | 10:00 a.m. - 11:15 a.m. |
| <b>Group stretch break #2</b><br><i>Led by Shawn Ramirez, BS, National Youth Program Director, BattleFrog</i>  | 11:00 a.m. – 11:15 a.m. |
| <b>Evaluation, Closing Remarks &amp; Networking</b><br><i>Shawn Ramirez, Consortium Worksite Wellness Committee Chair</i><br><i>Marlene Rodriguez, Consortium Worksite Wellness Committee Co-Chair</i>   | 11:15 a.m. – 11:30 a.m. |