



# Incorporating the Benefits of Worksite Wellness

Miami-Dade Main Library Auditorium  
101 West Flagler Street Miami, FL 33130  
Thursday, September 10, 2015  
9:00 a.m. – 11:30 a.m.

## *Agenda*

<b>Arrival &amp; Sign-In</b>	9:00 a.m. – 9:30 a.m.
<b>Welcome &amp; Opening Remarks</b> <i>Marlene Rodriguez, Consortium Worksite Wellness Committee Chair</i>	9:30 a.m. – 9:55 a.m.
<b>Starting from Scratch</b> <i>Nathan Burandt, Florida International University</i>	9:55 a.m. – 10:15 a.m.
<b>Group Stretch Break</b> <i>Led by Raquel Dopico, Miami-Dade County</i>	10:15 a.m. – 10:35 a.m.
<b>Never Too Small for Wellness</b> <i>Dr. Enrique Flores, Consortium Worksite Wellness Committee Co-Chair, Shin Wellness</i>	10:35 a.m. – 11:00 a.m.
<b>Closing Remarks and Evaluation</b> <i>Marlene Rodriguez, Consortium Worksite Wellness Committee Chair</i>	11:00 a.m. – 11:15 a.m.
<b>Question and Answer Session</b>	11:15 a.m. – 11:30 a.m.