



Managing Stress: Protecting Your Health

FL Blue Cross/Blue Shield, Large Conference Room
8400 NW 33rd St # 100 Doral, FL 33122
Thursday, December 15, 2016
9:00 -12:00 p.m.

Agenda

Registration	9:00 a.m. - 9:15 a.m.
Welcome <i>Marlene Rodriguez, Consortium Worksite Wellness Committee Chair</i>	9:15 a.m. - 9:20 a.m.
Opening Presentation <i>Rosina Altamiranda, LMHC, Co-founder and Clinical Director at New Horizons Counseling Services, LLC</i>	9:20 a.m. - 10:15 a.m.
Quick Fit! Stretch Break <i>Dr. M. Enrique Flores, Consortium Worksite Wellness Committee Vice-Chair</i>	10:15 a.m. - 10:25 a.m.
Closing Presentation <i>Isabel Alfonsin-Vittoria, Licensed Psychotherapist at Florida International University</i>	10:25 a.m. - 11:25 a.m.
Questions and Answers	11:25 a.m. - 11:30 a.m.
Evaluation & Closing Remarks <i>Marlene Rodriguez, Consortium Worksite Wellness Committee Chair</i>	11:30 a.m. – 12:00 p.m.

Please feel free to use the back of this page to take notes for your convenience! 😊

