

synerG presents

LEAD YOUR CITY

THURSDAY, MARCH 7, 2019 • 8:30AM-5:30PM • 200 N. DAVIE ST.
VAN DYKE PERFORMANCE SPACE AT THE GREENSBORO CULTURAL CENTER



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2019 DRAFT AGENDA – 8:30am-5:30pm

8:30-9:00am	Check-In, Breakfast and Headshots
9:00am – 9:15am	Welcome synerG Council Van Dyke Performance Space City of Greensboro Parks & Recreation
9:15am – 9:30am	Greensboro Announcement Megan Mabry , Director of Marketing & Communications, Greensboro Chamber of Commerce Mary Lesa Pegg , synerG Co-Chair & Graduate Recruiting Manager, UNCG Bryan School of Business & Economics Jose Sandoval , synerG Co-Chair & Customer Support Manager, American National Bank & Trust
9:30am – 9:45am	Pop-Up Wellness Break Dr. David Huff, DC , Owner, Good Health Greensboro
9:45am – 10:00am	Break, networking and headshots
10:00am – 11:30am	Keynote Address Introduction by Justin Outling , synerG Member, Greensboro City Council Member, Partner at Brooks Pierce Planning for Health: Past, Present, and Future: City planning and public health have a long, and sometimes complicated, shared history. This conversation introduces and discusses critical connections and synergies between health and planning, from notable 19th achievements, through today, and beyond. The interrelated nature of these two disciplines is highlighted and the argument is made that – to have healthy people, we must have healthy places and vice-versa. The speaker brings nationwide experience in this topic through her work with Renaissance Planning (Durham, NC) and the US Environmental Protection Agency. Using case studies and stories from the road, key health challenges facing our communities today are explored and innovative approaches for strengthening the ties between our communities and key health care partners are presented. Listeners will leave understanding why community health matters and inspired to enhance the health of their own communities. Presented by Caroline Dwyer, AICP , Project Manager, Renaissance Planning
11:30am – 11:45am	Pop-Up Wellness Break Steven Britton , Engagement Director of Wellness at Kernersville Family YMCA

11:45am – 12:00pm	Transition to lunch in atrium and through the Greensboro Cultural Center		
12:00pm – 1:15pm	Lunch with Health & Wellness Leaders in the Community – Sponsored by ITG Brands Participants will spend lunch with a leader in the community and discuss health and wellness topics as they relate to personal lives, workplace and the community. (Lunch Leader bios are enclosed.)		
1:15pm – 1:30pm	Break and transition to Break-Out Sessions		
1:30pm – 2:30pm	Break-Out Session 1	Break-Out Session 2	Break-Out Session 3
	Mental Health: Understanding mental health terms, keeping mental health a priority and learning about resources in our community.	Building Healthy Relationships at Work: Young professionals can face many relationship challenges in the workplace-- from power dynamics, toxic coworker relationships, and difficulty navigating the boundaries between work and home life. This presentation will focus on strategies for building and maintaining healthy relationships in the workplace, as well as tips for navigating unhealthy ones.	Why Health? How Health? A discussion on the ancient philosophical concept of the “good life.” Each of us defines this concept differently, but many of us share a desire for our lives to have meaning, purpose, and joy. Many of us also want to live to a ripe old age with high quality of life all along the way. We will discuss the habits of highly healthy people, and the issues that we must work on together as a community and a society to increase opportunity for us all to experience the good life.
	Lead by Debbie Cunningham, DPN, RN - President, Women's Hospital and Behavioral Health Services and SVP, Cone Health	Lead by Dr. Christine Murray – Director, Guilford County Healthy Relationships and Camila Dos Santos – Program Coordinator, Guilford County Healthy Relationships Initiative	Lead by Kathy Colville – Director of Healthy Communities for Cone Health
2:30pm – 2:45pm	Break and transition to Whole Group Session		
2:45pm – 3:00pm	Pop-Up Wellness Break Emily Morris , Owner of The Shoe Bus		
3:00pm – 4:15pm	Whole Group Panel Discussion on Wellness in the Workplace Brooke Kelly , Manager of Client Health Promotion, Blue Cross Blue Shield of North Carolina Melissa Marion, MS, NBC-HWC, CPT , Director of Employee Wellness, High Point University Chip Ross , Wellness Coordinator, Syngenta GracieLee Weaver, PhD, MPH, CHES , Research Associate, Office of Research & Engagement, University of North Carolina at Greensboro		
4:15pm – 5:30pm	Networking Reception Sponsored by Cone Health		