

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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information



2019 DRAFT AGENDA – 8:30am-5:30pm

| | | | |
|-------------------|--|--|---|
| 8:30-9:00am | Check-In, Breakfast and Headshots | | |
| 9:00 – 9:15am | Welcome | | |
| 9:15 – 9:45am | Whole Group Session and Announcement | | |
| 9:45 – 10:00am | Pop-Up Wellness Break | | |
| 10:00 – 10:15am | Break and Headshots | | |
| 10:15 – 11:45am | Keynote on Healthy Communities with Caroline Dwyer, Project Manager, Renaissance Planning | | |
| 11:45am – 12:00pm | Transition to Lunch Tables | | |
| 12:00 – 1:15pm | Lunch with Lunch Table Leaders sponsored by ITG Brands | | |
| 1:15 – 1:30pm | Break and Transition to Break-Out Sessions | | |
| 1:30 – 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 | Healthy Workplace Relationships: Building healthy relationships at work and navigating unhealthy ones | Health as a Skill: Recognizing and preventing burnout and learning healthy habits to incorporate into your everyday 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 |
| 2:30 – 2:45pm | Break and Transition to Whole Group Session | | |
| 2:45 – 3:00pm | Pop-Up Wellness Break | | |
| 3:00 – 4:15pm | Whole Group Panel Session on Wellness in the Workplace: Programs, Tips, Etc. | | |
| 4:15 – 5:30pm | Networking Reception Sponsored by Cone Health | | |