



Mental Wellness

November 12th, 2015

9:30 a.m. – 11:30 a.m.

Hosted by TeamHealth

Meeting Agenda

- **9:30 – Networking & Breakfast**
- **9:40 – ETWR Business**
- **9:45 – TeamHealth LiveWell Program**
 - Lisa Courtney, SPHR, Vice President of Human Resources, TeamHealth
 - Megan Norman, Wellness Manager, TeamHealth
- **10:05 – How to Manage Holiday Stress**
 - Salmaan Toor, PhD, Director & Clinical Psychologist, The Family Center of Knoxville
- **10:25 – Sleep, the Missing Key to Overall Wellness**
 - Dr. Dewey McWhirter, Sleep Medical Director, Tennova Sleep
- **10:45 – Importance of Promoting a Drug Free Workplace**
 - Devin Payne, Youth Coordinator at The Metropolitan Drug Commission
- **11:05 – Intuitive Eating & the Workplace**
 - Khrysta Baig, MSPH, RD, LDN, CHES, Nutritionist, Knox County Health Department

Address

265 Brookview Centre Way, Knoxville, TN 37909

Parking and Entrance Instructions

Please park in the visitor spots, the lot surrounding the building or in the parking garage at the back of the building. Please do not park in spots marked for the Courtyard Hotel.

Meeting Room

TeamHealth Institute Conference Room on the 2nd Floor

Upcoming Meeting

January – Engaging All in Wellness Year Round

Details TBA