



January 16th, 2015
9:30 a.m. – 11:30 a.m.
Hosted by Pilot Flying J

Meeting Agenda

- **9:30 – Networking & Breakfast**
- **9:45 – Fittest Company Challenge**
 - Jason Altman, Race Director, Covenant Health Knoxville Marathon
- **9:55 – Corporate Wellness Initiatives - Trinity Medical**
 - Dave Parmly, Pilot Flying J
- **10:10 – Wellness on a Budget & Health Coaches**
 - Maureen Carlomagno, MPH, CHES, CIC, Your Wellness Coach
- **10:30 – Practical Chronic Disease Management**
 - Pat Collins, DPh, MedAdvocate
- **10:50 – Low-cost Worksite Nutrition Initiatives**
 - Khrysta Baig, MSPH, RD, LDN, CHES, Knox County Health Department
- **11:10 – Small Starts @ Work**
 - Russell Cliche, Director of Program Implementation, The Governor's Foundation for Health & Wellness

Address

Main Building at 5508 Lonas Dr., Knoxville, TN

Parking and Entrance Instructions

Please use the visitor's lot, to the right of the main building. Please sign in with the receptionist upon entering the building.

Meeting Room

Gate City Meeting Room

Save The Date! Upcoming Meetings

March TBA – Membership and Networking Meeting

March 25th at YMCA – Free Wellness Lunch and Learns & Insurance and EAP Wellness Resources

May 19th at the Knox County Health Department – Beginning a Worksite Wellness Program