



Thursday, March 2, 2017

8:30 a.m. – 10:30 a.m.

Hosted by

The University of Tennessee and SHRM

Stress Prevention & Coping

Meeting Agenda

- **8:30 – Networking & Breakfast**
- **8:45 – ETWR Business, Announcements**
 - Rebecca Ellison, ETWR Chair, Knox County Health Department
- **8:50 – University of Tennessee Wellness and Society for Human Resource Management (SHRM)**
 - Yusof Al-Wadei, MPH—Wellness Coordinator, The University of Tennessee, Knoxville
 - Debbie Mackey, PhD, PHR, SHRM-CP—Distinguished Lecturer and SHRM Faculty Advisor, The University of Tennessee, Knoxville
- **9:10 – The Physical Impact of Stress and Prevention and Coping Strategies**
 - Clayton Bell, MD—Family Practice Physician, University of Tennessee Medical Center
- **9:50 – Mindfulness Meditation: A Remedy for Stress Reduction in the Workplace**
 - Claudio Barrientos, BA—Director/Lead Instructor, The Mindful Center Knoxville

Address & Entrance

The University of Tennessee Visitor Center- 2712 Neyland Drive, Knoxville, TN 37996

Parking is available free of charge at the Visitor Center.

Meeting Room

Main Ballroom