

# Agenda

## Day one

8:30 to 8:45 a.m.	<b>Welcome and opening remarks</b>	
8:45 to 9:45 a.m.	<b>Keynote: Dr. Tyler Amell</b> Global future vision for creating a culture of wellness	
9:45 to 10 a.m.	<b>Wellness break</b>	
10 to 11 a.m.	<b>Concurrent sessions (CS)</b>	
	<b>CS01</b> Financial well-being—the missing link in most wellness programs with Susanne Cookson	<b>CS02</b> A framework approach to solution necessary change for maximum impact with Design Lab
11 to 11:15 a.m.	<b>Wellness break</b>	
11:15 a.m. to 12:15 p.m.	<b>Panel discussion</b> A live and provocative discussion with thought leaders representing different industries on the topic of psychological health and safety to share perspectives, insights for learning and growth.	
12:15 to 12:30 p.m.	<b>Remarks and next steps</b>	
12:30 to 1 p.m.	<b>Lunch and networking</b>	
1 p.m.	<b>End of day one</b>	

## Day two

8:30 to 8:45 a.m.	<b>Welcome and opening remarks</b>	
8:45 to 9:45 a.m.	<b>Keynote: Graham Lowe</b> Strengthening your culture of wellness: take action in your organization	
9:45 to 10 a.m.	<b>Wellness Break</b>	
10 to 11 a.m.	<b>Concurrent sessions (CS)</b>	
	<b>CS03</b> Supporting mentally healthy workplaces and moving beyond simply “talking the talk” with Dr. Michael Vallis	<b>CS04</b> A framework approach to solution necessary change for maximum impact with Design Lab
11 to 11:15 a.m.	<b>Wellness break</b>	
11:15 a.m. to 12:15 p.m.	<b>Panel discussion</b> A live and provocative discussion with thought leaders representing different industries on the topic of psychological health and safety to share perspectives, insights for learning and growth.	
12:15 to 12:30 p.m.	<b>Closing remarks and next steps</b>	
12:30 to 1 p.m.	<b>Lunch and networking</b>	
1 p.m.	<b>End of day two</b>	

Please visit [thewellnesssummit.ca/index.php/agenda/](http://thewellnesssummit.ca/index.php/agenda/) for the full agenda.