## Overview

**7TH ANNUAL CONFERENCE**  
Friday, Dec. 7, 2018 | Hilton Birmingham at UAB

### Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:35 - 8:15 a.m.</td>
<td>Registration, Vendor Showcase, Light Breakfast</td>
</tr>
</tbody>
</table>
| 8:15 - 8:25 a.m.| **Introduction & Welcome**  
Anna Threadcraft, RD, LD, Director of UAB Employee Wellness  
Mayor Randall Woodfin, City of Birmingham |
| 8:25 - 8:55 a.m.| **Leaving a Legacy of Leadership**  
Speaker: Grayson Hall, Former Regions Bank CEO |
| 8:55 - 9:45 a.m.| **Improving Quality and Achieving Equity: Health Literacy, Cross-Cultural Care and Wellness**  
Speaker: Joseph R. Betancourt, MD, MPH  
Director, the Disparities Solutions Center, Massachusetts General Hospital; Associate Professor of Medicine, Harvard Medical School  
Moderator: Riley Thornton, RD, LD, UAB Employee Wellness Specialist |
| 9:45 - 10:35 a.m.| **Financial Wellbeing: Increasing Engagement and Value**  
Speaker: Lauren Hoeck, Willis Towers Watson Senior Consulting Actuary, FSA  
Moderator: Scott McDuffie, GBDS, Senior Director, Health and Benefits for Willis Towers Watson |
| 10:35 - 10:50 a.m.| Break |
| 10:50 - 11:40 a.m.| **Care Enables Change: Four Actions to Improve the Health and Morale of Your Company**  
Speaker: Elizabeth Dixon, Chick-fil-A Hospitality & Service Design Manager |
| 11:40 a.m. - 12:15 p.m.| Lunch, sponsored by VIVA Health |
| 12:15 - 12:45 p.m.| **Opioid Correction, Opioid Trauma: Prescriptions in Flux**  
Speaker: Stefan Kartesz, MD, MSc, University of Alabama at Birmingham |
| 12:45 - 1:35 p.m.| **CONCURRENT SESSIONS**  
- **Recipe for a Healthy Campus**  
  Speaker: Julie Joyner, HealthFitness Senior Contract Manager, Duke University  
  Moderator: Amy Brummer, HealthFitness Senior Director, Client Strategy & Growth  
- **Intern/Student Breakout Session: Preparing for Real World Workplace Wellness**  
  Speaker: Riley Thornton, RD, LD, UAB Employee Wellness Specialist |
| 1:35 - 1:45 p.m.| Break |
| 1:45 - 2:35 p.m.| **Obesity: A Misunderstood and Undermanaged Workforce Health Disease**  
Speaker: Natalie Hartenbaum, MD, MPH, FACOEM, President/Chief Medical Officer — OccuMedix |
| 2:35 - 2:55 p.m.| **Closing Remarks**  
Anna Threadcraft, RD, LD, Director of UAB Employee Wellness |

### WiFi Code

WiFi Code: Annual18