UW-MADISON WELLNESS SYMPOSIUM

Wednesday, October 28th
8:30am - 2pm Union South
"Wellness Now: Being Our Best Selves in the Current Moment"

8:30 • Welcome
8:45 • Keynote (Varsity Hall II)
"Wellbeing Here and Now" with Dr. Shilagh Mirgain

10:00 • Breakout Session #1
"Ergonomics for the Computer User and Beyond" with Michelle Discher
"Living with Vitality: Pathways to Health and Happiness" with Bob McGrath, PsyD
"Financial Wellbeing: One Day at a Time" with Peggy Olive

11:00 • Breakout Session #2
"Helping Till It Hurts: Understanding and Preventing Compassion Fatigue" with Jamie Temple, MS
"Yoga @ Your Desk" with Abby Lemke
"Wellness: The Physical Element" with Lori Devine, MS

12:00 • Lunch Program (Varsity Hall II)
"Promoting a Culture of Wellness at UW-Madison: Experiences and Perspectives"
Panelists in Discussion

1:10 • Breakout Session #3
"My School Got Shmacked, Now What?" with Reonda Washington and Emily Wirkus
"Improving One’s Social Wellness Through Familiarity With Cultural Self" with Dan Timm
"Discovering Your Enlightened Side" with YES+

All breakout sessions are on the 3rd floor. Please see reverse for specific rooms locations.

Dr. Shilagh Mirgain is a UW Health Sport and Health Psychologist who was recently featured on the TODAY show. Join her for an experiential workshop entitled "Wellbeing Here and Now." As we are surrounded by stress and the pressure to succeed, it can be easy to start simply surviving and disconnecting from your passions and purpose. Drawing from mindfulness and mind-body medicine, this experiential workshop will teach you skills and simple practices to cultivate greater wellbeing and happiness.
LUNCH PROGRAM PANELISTS

"Promoting a Culture of Wellness at UW-Madison: Experiences and Perspectives"

Haley Madden with the Morgridge Center for Public Service
Tristin Marotz with Office of Registrar
David Metler with the School of Human Ecology
Maia Persche with Slow Food
Mark Silbernagel with UW Police Department

BREAKOUT SESSIONS

Breakout Session #1
10:00 - 10:50am

Ergonomics for the Computer User and Beyond
Agriculture Room (3rd Floor)
With time spent in front of computers often comes stiff joints and uncomfortable pains. Join our campus Ergonomist, Michelle Discher, to learn about workstation solutions to prevent injuries while working with your workplace electronics.

Living with Vitality: Pathways to Health and Happiness
Northwoods Room (3rd Floor)
The search for happiness is about to get a little easier with help from UW/UHS psychologist Bob McGrath. Come learn about how to use personal strengths, effective relationships, acts of kindness, self-care, and more to live a happier, healthier life.

Financial Wellbeing: One Day at a Time
Industry Room (3rd Floor)
Does your spending reflect what’s most important to you? Does your money help you live the life you want? Join Peggy Olive, a Financial Capability Specialist with UW-Extension and faculty associate with the School of Human Ecology, to explore strategies for everyday spending and credit management that align with your personal values.

Breakout Session #2
11:00 - 11:50am

Helping Till It Hurts: Understanding and Preventing Compassion Fatigue
Agriculture Room (3rd Floor)
If you’re wondering what compassion fatigue is, come find out! Jaime Temple, the Survivor Services Coordinator for UHS End Violence on Campus, will inform you about compassion fatigue, how it can affect your wellbeing, and how to prevent it in your everyday life.

Yoga @ Your Desk
Northwoods Room (3rd Floor)
Join Abby Lemke, a nationally certified yoga instructor and resident Cross- College Advisor, practice a few different yoga and meditation techniques and learn how they can be integrated in your life to reduce stress.

Wellness: The Physical Element
Industry Room (3rd Floor)
With all the different specialty programs around, exercising on your own can be confusing. Come learn about physical activity recommendations and the five components of fitness from our Assistant Director of Fitness herself, Lori Devine.

Breakout Session #3
1:10 - 2:00pm

My School Got Shmacked, Now What?
Agriculture Hall (3rd Floor)
UW-Madison is often portrayed as a party school in the media. Reonda Washington and Emily Wirkus, two Alcohol and Other Drug Specialists within UHS, will lead a discussion examining how we inadvertently contribute to this image as individuals and as a community and what we can do moving forward.

Improving One’s Social Wellness Through Familiarity With Cultural Self
Northwoods Room (3rd Floor)
Join Dan Timm, a specialist in culturally responsive teaching in the Department of Kinesology, to learn about how your background influences your interactions with others. You will have the opportunity to self-reflect and receive anonymous feedback leading you to more positive attitudes toward others.

Discover Your Enlightened Side
Industry Room (3rd Floor)
Have you ever wanted to try meditation but don't really know where to start? Join Maddie Fontaine, the President of registered student organization YES+, to learn about some meditation basics and what YES+ has to offer.