

### CLAIMING CREDIT

To receive credit for all Preconference Intensive, keynote, and concurrent sessions you attend:

1. Provide your name, email, and requested credit types below.
2. Have Summit staff outside the session room initial this Checklist as you leave each session. You must attend the session in full to receive credit.
3. Turn your completed Checklist in at the registration table by 1:30 p.m., Thursday, August 29. Receive your certificates via email by Sept. 30, 2024.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

### Select Your Requested Credit Type(s):

- |                                    |  |                                       |
|------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> CWP (NWI) | <input type="checkbox"/> SHRM®           | <input type="checkbox"/> CHES®/MCHES® |
| <input type="checkbox"/> ACSM      | <input type="checkbox"/> HRCI®           | CHES ID: _____                        |
| <input type="checkbox"/> NBC-HWC   | <input type="checkbox"/> CEBS Compliance |                                       |

### PREAPPROVED CREDIT TYPES

Note: All sessions are pre-approved for the following certifications/designations: CWP (NWI), ACSM certification, CHES®, NBC-HWC, and SHRM® certification. Refer to this document for sessions that are also pre-approved for HRCI® recertification credits, advanced-level CHES® (MCHES®) credits, and/or CEBS Compliance credits, as well as the total number of credits available for each session. A ★ symbol indicates the session is preapproved.

### MONDAY, AUGUST 26, 2024: PRECONFERENCE INTENSIVES

Initials	9:00 a.m. – 4:30 p.m. 6 CE credits	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>ARCeology: Raiders of the Lost Art of Employee Engagement</b> Jesse Gavin, Mitch Martens, Ryan Wolf   <i>Gold Room</i>	★	★	★	★
	<b>Effective Resiliency (Stress Management) Training</b> Brian Luke Seaward   <i>State Room</i>	★	★		★
	<b>Wellness Laws 101</b> Barbara Zabawa   <i>Ambassador Room</i>	★	★		★

## TUESDAY, AUGUST 27, 2024: CORE CONFERENCE, DAY 1

Initials	9:15 – 10:15 a.m. 1 CE Credit	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Building Meaningful Relationships</b> Kristen Hadeed   <i>Imperial Ballroom</i>	★	★	★	
Initials	11:00 a.m. – 12:15 p.m. 1.25 CE Credits	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Practical Advice to Improve Employee Well-Being...</b> Marissa Alert, Patricia Grabarek, Sara Shondrick, Sharon Unis   <i>Gold Room</i>	★	★	★	
	<b>Food as Medicine: Reimagining Health Care with a Food Prescription</b> Rachel Bozich   <i>Rouge Room</i>	★		★	★
	<b>Cultivating a Wellness Presence: Projecting Well-Being...</b> Stephanie Gularte   <i>Imperial Ballroom</i>	★	★		★
Initials	1:30 – 2:45 p.m. 1.25 CE Credit	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Look, Listen and Link—Providing Psychological Support...</b> Michelle Arnett   <i>Imperial Ballroom</i>	★	★		★
	<b>Addressing Ableism in Wellness</b> Katie O'Neill, Janie Warner   <i>Gold Room</i>	★	★	★	★
	<b>Deeper Than DNA—The Role of Cultural Health Behaviors on Chronic</b> Sean Small, Emya Lee Conditions   <i>Rouge Room</i>	★	★		★
Initials	4:00 – 5:00 p.m. 1 CE Credit	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>The Secret Life of Sustainable Behavior Change...</b> Michelle Segar   <i>Imperial Ballroom</i>	★			

## WEDNESDAY, AUGUST 28, 2024: CORE CONFERENCE, DAY 2

Initials	9:15 – 10:15 a.m. 1 CE Credit	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Possibilities: Best Health and Wellness for All</b> Eduardo Sanchez   <i>Imperial Ballroom</i>	★	★		★
Initials	11:00 a.m. – 12:15 p.m. 1.25 CE Credits	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Fitness Made Simple—From Sitting to Strong in No Time!</b> Sean Foy   <i>Rouge Room</i>	★	★		
	<b>Empowering Health Care With AI: ChatGPT as Your Coaching Ally</b> Ashley R. Miller   <i>Gold Room</i>	★		★	
	<b>Elevating Your Mental Health Movement...</b> Mettie Spiess   <i>Imperial Ballroom</i>	★	★		★
Initials	1:30 – 2:45 p.m. 1.25 CE Credits	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Models of Healthy Aging: Implications for Wellness Professionals</b> Barbara Broadbear, Jim Broadbear   <i>Gold Room</i>	★	★		★
	<b>Applied Improvisation: Play Our Way to Wellness, Together</b> Jesse Greenfield, Jenie Michael   <i>Rouge Room</i>	★			
	<b>Innovating Wellness: Key Inquiries for Program Enhancement</b> Heather Sayers Lehman   <i>Imperial Ballroom</i>	★	★	★	★
Initials	4:00 – 5:00 p.m. 1 CE Credit	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>If It's Happening in the World, It's Happening at Work</b> Angela Howard   <i>Imperial Ballroom</i>	★	★	★	

## THURSDAY, AUGUST 29, 2024: CORE CONFERENCE, DAY 3

Initials	9:00 – 10:15 a.m. 1.25 CE Credits	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Lifestyle Choices and Emotions</b> Michael Arloski   <i>Imperial Ballroom</i>	★			
	<b>Rethinking Workplace Nutrition Programs to Prioritize Mental Wellness</b> Lauren Fleck   <i>Rouge Room</i>	★	★		★
	<b>Nature and Well-Being: Getting More From Your Green Time</b> Sarah Nielsen   <i>Gold Room</i>	★			
Initials	10:30 – 11:45 a.m. 1.25 CE Credits	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Bridging the Gap: How Health Coaches and Organizational Consultants...</b> Rachel Boehm   <i>Gold Room</i>	★	★	★	★
	<b>Telling Your Story: How Self-Disclosure Can Enhance Intellectual and...</b> Michelle Moore   <i>Rouge Room</i>	★			
	<b>Understanding and Addressing Shame in Health and Wellness...</b> Tracey Ziebell   <i>Imperial Ballroom</i>	★			★
Initials	12:00 – 1:15 p.m. 1 CE Credit	CWP, ACSM, NBC-HWC, CHES, SHRM	HRCI	Advanced- level CHES (MCHES)	CEBS Compliance
	<b>Mundane to Magic: Fostering Joy to Fuel Well-Being</b> Jessica Grossmeier   <i>Imperial Ballroom</i>	★			

View the CE Credit page on <https://annual-wellness-summit.org> or contact [info@annual-wellness-summit.org](mailto:info@annual-wellness-summit.org) for additional information. For session descriptions and speaker bios, see the Summit app or <https://annual-wellness-summit.org>.