



The Science of Well-being & Why It Matters

Part 1 of the “Defying Despair” Webinar Series

Webinar Agenda

March 27, 2019

1:00 p.m. - 2:30 p.m. ET
12:00 p.m. - 1:30 p.m. CT
11:00 a.m. - 12:30 p.m. MT
10:00 a.m. - 11:30 a.m. PT

- 1:00-1:05** **Welcome**
- *Kathryn Santoro, Director of Programming, NIHCM Foundation*
- 1:05-1:25** **The Science of Well-being, and Why it Matters: Employer Practices**
- *LuAnn Heinen, Vice President, Workforce Well-being, Productivity and Human Capital, National Business Group on Health*
- 1:25-1:45** **Virtual Well-Being Program at Blue Cross Blue Shield of Michigan**
- *Cindy Bjorkquist, Director, Health and Well-being Program, Blue Cross Blue Shield of Michigan*
- 1:45-2:05** **Audience Questions & Answers**
- 2:05-2:30** **The Science of Happiness**
- *Emiliana R. Simon-Thomas, Ph.D., Science Director, Greater Good Science Center, UC Berkeley*