



Wellness Week, September 16-20, 2013

PAHO/WHO Headquarters – 525, 23rd. St. N.W., Washington, D.C. 20037

ROOM B and virtual access at <http://www.paho.org/virtual/workershealth> (ENGLISH)

<http://www.paho.org/virtual/saluddelostabajadores> (SPANISH)

Wellness Week Inauguration Event - Monday, September 16, 2013		
10:00 – 10:15 am	Opening Remarks	Dr. Luiz A. C. Galvão, AD, a.i.
10:15 – 10:30 am	Let's Talk Straight About Health and Safety at Work	Dr. Julieta Rodriguez-Guzman Advisor on Workers' Health
10:30 – 11:00 am	Combat sedentarism at the workplace: The "centeredbeing 2/4/6/8/10" routine of daily movement <i>Presentation and Demonstration</i>	Ms. Suzie Carmack, PhD/ABD, MFA, MEd, ERYT Kinesiology and yoga therapist
11:00 – 11:10 am	Launching of the Media Resource <i>The centeredbeing "2/4/6/8/10" instructive video</i>	Dr. Alfonso Contreras Advisor, Health Education and Behavioral Change
11:10 – 11:20 am	Launching of the <i>Get Moving Contest!</i>	Dr. Alfonso Contreras Advisor, Health Education and Behavioral Change
11:20 – 11:30 am	Raffle of one ergonomics consultation by Ms. Carrie Clawson, OTR/L, ATP Occupational Therapist and Ergonomics Consultant	Dr. Pilar Ramón-Pardo President of the Local Staff Association

Wellness Week 2013 Closing Event - Friday, September 20, 2013		
11:00 – 11:45 am	Panel: Together for a Healthy Washington, D.C. and beyond	Dr. Carissa F. Etienne PAHO/WHO Director Dr. Joxel Garcia Director of the D.C. Department of Health Dr. Susan Polan Associate Executive Director of Public Affairs and Advocacy of APHA CAPT Charles L Higgins, MS, REHS, USPHS Director, Office of Public Health National Park Service
11:45 am – 12:00 pm	Announcement of Winners of <i>Get Moving Contest!</i> <i>PAHO/WHO-HQ Terrace</i>	Dr. Alfonso Contreras Advisor, Health Education and Behavioral Change
12:00 – 12:45 pm	Zumbathon <i>PAHO/WHO-HQ Terrace</i>	Mr. Eric Ruiz Zumba Instructor