



Healthy You: Healthy Community!

Schedule of Events

July 13, 2017

- 9:15 am Healthy Breakfast and Networking**
- 10:00 am Welcome and Introductions**
- Ken Cohen, M.H.A.**, Executive Director,
ACHD
ken.cohen@achd.org
- Sheila Johnston, M.P.P.A.**, Member Services,
ACHD
sheila.johnston@achd.org
- Ramona Faith**, ACHD Education Committee Chair,
CEO, Petaluma Health District
rfaith@pchd.org
- 10:15 am Sharing District Bright Spots**
- Valerie Lakey**, Director of Public Relations & Legislation,
District Clerk
Mayers Memorial Hospital District
vlakey@mayersmemorial.com
- Bill Leach**, Board Member
Linda Bannerman, Board Clerk
Fallbrook Regional Health District
bleach@fallbrookhealth.org
lbannerman@fallbrookhealth.org
- Randy Smart, M.D.**, Executive Director & Former Trustee
Mark Twain Health Care District
rsmart@marktwainhealthcaredistrict.org
- Lauren Nakano**, Director, Blue Zones Project
Beach Cities Health District
lauren.nakano@bchd.org
- Erin Hawkins**, Community Outreach Program Manager
Petaluma Health Care District
erinh@phcd.org
- 10:45 am Setting the Conversation**
- Wes Alles, Ph.D.** Director,
Stanford Health Improvement Program
walles@stanford.edu
- 11:00 am Energy Break**





Healthy You: Healthy Community!

- | | | |
|-----------------|---|---|
| 11:15 am | Resilience-building: Self-care Skills | Tia Rich, Ph.D., M.S.W., M.A.,
Manager, Resilience and Stress Management Programs,
Director, Contemplation by Design
tiarich@stanford.edu |
| 12:20 pm | Identifying and Developing the Bright Spots in your Community (Working Lunch) | Jayna Rogers, M.P.H., Health Education Manager,
HIP Liaison, BeWell@Stanford
jlrogers@stanford.edu |
| 1:20 pm | Energy Break | |
| 1:35 pm | Why Well-being? Shifting the Paradigm | Sandra J. Winter, Ph.D., M.H.A., Director,
WELL for Life
sjwinter@stanford.edu

Naina Ahuja, B.S., Research Assistant,
WELL for Life
naina2@stanford.edu |
| 2:35 pm | Energy Break | |
| 2:45 pm | A Case Study in Community Healthy Living Index: Create an Action Plan for Change | Lisa Marquart, Founder,
Baton Health
jnmarquart@gmail.com |
| 3:45 pm | Closing Remarks | Wes Alles, Ph.D., Director,
Stanford Health Improvement Program
walles@stanford.edu

Sheila Johnston, MPPA, Member Services,
ACHD
sheila.johnston@achd.org |

