

# Agenda - Corporate Wellness LIVE

Virtual Event, 9am - 4pm EST

## February 4, 2026

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9:00am–9:10am | **Chair's Opener**

**Ed Gaskin**, Journalist, **Boston Herald**

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9:10am–9:40am | **The Wellness ROI Dilemma: Cost, Culture, or Compliance?**

Wellness ROI is the question everyone's asking and few are answering well. Get clarity on what value in corporate wellbeing really means, whether it should be driven by cost, culture, or compliance, and why so many programs fail to deliver. Walk away with a sharper lens for building wellbeing strategies that create measurable impact for your people and your bottom line.

Moderator: **Jayne Baker**, CEO & Founder, **Momentum Consciousness**  
**Tanya Little**, Chief Commercial Officer, **Vitality**  
**Will Ajayi**, Head of Wellbeing, **Netflix**

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9:40am–10:10am | **Corporate Wellness Harmony: Centralizing Solutions, Apps & Departments**

Corporate wellbeing gets powerful when everything works together. Hear a real-world story of how one organisation centralized solutions, apps, and departments to cut through the noise, simplify the employee experience, and drive stronger results. Take away the outcomes achieved, the lessons learned, and a clear playbook for creating a more seamless, high-impact wellness ecosystem.

**Allison Arndt**, Director, Wellness, **Marsh McLennan Agency**  
**Amanda-Rae Garcia**, Director of Health Management Consulting, **Marsh McLennan Agency**

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## 10:10am–10:25am | Morning Break & Networking

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## 10:25am–10:50am | Tackling Burnout and Stress Systemically

Burnout is not a personal failure, it's a system issue, and fixing it takes more than a mindfulness app. Unpack the workplace practices that quietly drive stress, and explore interventions that actually work at scale, from team norms to leadership behaviors. Leave with practical ways to embed empathy into how work gets done, so performance rises without draining your people.

Moderator: **Denise Vitola**, VP of Brand Strategy, **Linqia**  
**Kasia Curry**, Global Wellbeing Director, **Baker Hughes**  
**Georgie Spurling**, Founder, **ARVRA Wellness**

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## 10:50am–11:15am | Mental Health & Resilience

Get a rapid-fire tour of the tools reshaping mental health at work, from digital mindfulness to peer support and therapy tech. Learn what's proving effective, how to plug these solutions into your wellbeing strategy, and where they deliver the biggest lift in resilience and day to day performance. Perfect for anyone looking for quick, high impact ways to support employees at scale.

**Christina Lucas-Vougiouklakis**, Executive Physician, **ProMedica**

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## 11:15am–11:45am | Lifestyle Medicine at Work: Why Movement, Nutrition & Sleep Must Be on the Agenda

Lifestyle medicine is no longer optional in high performing workplaces. See why movement, nutrition, and sleep belong at the center of your wellbeing agenda, and how improving these fundamentals boosts energy, focus, and long term health outcomes. Walk away with practical ways to turn everyday habits into measurable gains for employees and the business.

Moderator: **Tara Schmidt**, Lead Dietitian & Host of Mayo Clinic Podcast, **Mayo Clinic**  
**Anna Threadcraft**, Delta Food Policy Strategy & Development, **Delta Air Lines**  
**Quintina Reddington**, Corporate Wellness Director, **Aramark**  
**Sunil Kumar**, Lead for Workplace Wellbeing Group, **Forbes Coaches Council**

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## 11:45am–12:15pm | **Defining Company Culture for a Multi-Generational Workforce**

Company culture is being rewritten by a workforce that spans Gen Z, Millennials, and Gen X, and wellbeing is the bridge between them. Explore how to set shared wellness standards that strengthen inclusion and psychological safety, while still meeting very different expectations and life stage needs. Walk away with practical ways to unite generations, lift engagement, and build a culture where everyone can do their best work.

Moderator: **Georgie Spurling**, Founder, **ARVRA Wellness**  
**Teresa Chapman**, Chief People Officer, **Santa Clara Family Health Plan**  
**Christopher Kim**, Global Head of Employee Experience, Benefits & Wellness, **KKR**  
**Elizabeth Machnica**, Director of Well-being, **Buffalo Niagara Medical Campus**

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## 12:15–12:45pm | **Lunch**

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## 12:45pm–1:10pm | **Creating a Culture of Health & Well-Being - From the Exam Room to the Boardroom**

A culture of health does not happen on its own, it is built into leadership, values, and everyday decisions. Discover how to move wellbeing from a nice to have benefit to a core part of how your organisation operates, from frontline health support to board level priorities. Learn what it takes to embed wellness into the DNA of your company so people thrive and performance follows.

**Lillie Rosenthal**, Medical Consultant - Corporate Wellness, **Volkswagen America**

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## 1:10pm–1:20pm | **Out of the Office, Into Better Health**

Corporate retreats are often treated as a break from work, but done well, they can be a powerful lever for wellbeing, alignment, and performance. Learn how to structure retreats that support mental health, movement, and recovery while still delivering business outcomes, and walk away with practical guidance on when retreats make sense, what to include, and how to measure their impact beyond “team bonding.”

**Georgie Spurling**, Founder, **ARVRA Wellness**

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### **1:20pm–1:50pm | Tech, AI & Personalization in the Future of Workplace Wellness**

Tech and AI are transforming workplace wellness from one size fits all to truly personal. Explore how smart health nudges and responsible data use can drive higher engagement, better outcomes, and a smoother employee experience without compromising privacy. Get a clear view of what's coming next and how to stay ahead as the wellness landscape rapidly evolves.

Moderator: **Manasa Mantravadi**, Pediatrician, Founder & CEO, **AHIMSA**  
**Shaan Chaturvedi**, Director, Product Innovation - U.S. Digital Health, **Samsung Electronics**  
**Jennifer Goldsack**, Chief Executive Officer, **Digital Medicine Society**

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### **1:50pm–2:30pm | Health Systems as Employers and Health Advocates**

Health systems sit in a unique position, responsible for both caring for communities and caring for their own people. Explore how leading employers in healthcare are building wellbeing strategies that support frontline resilience, reduce burnout, and strengthen retention while modelling the health they promote externally. Gain practical insight into what it takes to align employee wellbeing with mission, performance, and patient outcomes.

Moderator: **Martin Tull**, Chief Impact Officer, **American College of Lifestyle Medicine**  
**Krystyna Morgan**, Director Emory Office of Well-Being, **Emory Healthcare**  
**Josie Bidwell**, Professor & Director, Office of Well-Being, **University of Mississippi Medical Center**  
**Amy Locke**, Chief Wellness Officer & Professor, **University of Utah Health**

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### **2:30pm–2:40pm | Recharge & Refresh**

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## 2:40pm–3:10pm | **The VC Perspective: Investing in Workplace Wellness That Works**

Leading investors share what they're seeing across workplace wellbeing: the models gaining traction, the outcomes employers are demanding, and the gaps still holding the field back. Expect a candid look at what scales, what delivers ROI, and what the future of corporate wellness will require from health systems, employers, and solution partners alike.

Moderator: **Ed Gaskin**, Journalist, **Boston Herald**  
**Darshan Shah**, Principal, **XRC Ventures**  
**R.J. Briscione**, Healthcare Advisor, **NEXT VENTURES**

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## 3:10pm–3:50pm | **What Will the Workplace Look Like in 2030?**

The future of work is being shaped right now. In this forward-looking session, leaders explore how evolving employee expectations, advances in health and wellbeing, and changing models of work will redefine the workplace by 2030. From benefits and mobility to behavioral health and performance, hear what's likely to change, what's here to stay, and how employers can start preparing today. Walk away with a practical lens on building workplaces that are healthier, more human, and fit for the decade ahead.

Moderator: **Lukas Trzeszczkowski**, Founder, **Longevity Solutions Group LTD**  
**Timothy Tolino**, Global Director of Benefits, Mobility and Wellness, **Hunter Douglas**  
**Jayne Baker**, President & Founder, **Momentum**  
**Stephen Lupe**, Head of Behavioural Health, Director of Behavioral Medicine, **Cleveland Clinic**

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## 3:50pm–4:00pm | **Chair's Closer**

**Ed Gaskin**, Journalist, **Boston Herald**

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**End of Corporate Wellness LIVE**