2012 Benefits & Wellness Festival

Harvesting the Benefits of Wellness

Thursday, October 18 • 10:00 am — 2:00 pm • 2nd floor, The Portland Building

Auditorium Presentations

10:00 – 10:45 Heart Healthy Living — **Kaiser Permanente**

There are many roads to heart health and it takes a combination of things to support your body. Learn about the ways we can support our bodies through good self-care, strategies for heart healthy nutrition and physical activity.

11:00 – 11:45 Stress Hormones — **Dr. Laila Noll, Asula Wellness**

What are stress hormones and how do they affect our bodies and sense of well-being? Learn how to support your body and mind through life's natural changes.

12:00 – 12:45 What's Next...? — **Jarvez Hall, BHR**

As a former OSU football player, being big was an asset to Jarvez Hall. After college, his motivation to stay healthy dwindled. Last year, Jarvez entered into a major life change – he was featured on Extreme Makeover: Weight Loss Edition, where he lost 142 lbs in the first three months alone and over 280 lbs overall. That is more than 51% of his body weight in only one year! Now, Jarvez seeks to share his story of triumph and perseverance with the world.

1:00 – 1:45 Financial Fitness: Estate Planning — **Rob Fotheringham, Vial Fotheringham Law, LLP**

Identify definitions for key Estate Planning tools, such as Wills and Trusts, including the reasons for, and the process of, Estate Planning. Attorney Rob Fotheringham helps identify assets, which are important for Estate Planning. Assistance will be provided to help individuals develop strategies for communicating about Estate Planning with older relatives and other family members.

All presentations will be recorded and available on the Benefits & Wellness website.

Plus...

- Exciting Exhibits!
- Healthy Food Samples!
- Financial Fitness Tools!

LIVEWELL! BEWELL!

City of Portland Employee Wellness

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