



## Health & Wellness

Sponsored by:



Thursday, October 30<sup>th</sup>  
The Corner Ballpark - Detroit PAL HQ  
1680 Michigan Ave, Detroit, MI 48216

- 8:30 a.m.      **Class Arrival & Breakfast**
- 9:00 a.m.      **Welcome & Sponsor Remarks**
- 9:10 a.m.      **The State of Public Health & the Economic Impact of the Health Care Industry**  
**Laura Appel**, Executive Vice President, Government Relations and Public Policy,  
Michigan Health & Hospital Association
- 9:55 a.m.      **Networking Break**
- 10:10 a.m.     **Panel: How our Major Health Care Institutions Contribute to Regional Economic  
Development**  
**Marc Corriveau**, Vice President of Corporate Government Affairs, Henry Ford Health  
**Kristina Ko**, Vice President, Government Relations and Public Policy, and Chief  
Government Affairs Officer, Corewell Health  
**Kimberly Ross**, Chief Government Relations Officer, Michigan Medical  
**Diedra Wilson**, Corporate Senior Vice President Government Relations and Public Policy,  
McLaren Health Care  
*Moderator: Laura Appel*, Executive Vice President, Government Relations and Public  
Policy, Michigan Health & Hospital Association
- 10:55 a.m.     **Detroit PAL Tour/Class Photo on the field**
- 11:15 a.m.     **Lunch**
- 12:15 p.m.     **How Policy Changes Impact Health Care Delivery in Michigan**  
**Elizabeth Hertel**, Director, Michigan Health and Human Services, State of Michigan
- 1:00 p.m.      **The Truth Is in the Trigger™: Map and Decode the Triggers Driving Your Stress and  
Burnout and Progressive Muscle Relaxation**  
**Princess Castleberry**, Global Keynote Speaker and Leadership Strategist
- 2:30 p.m.      **Networking Break**
- 2:40 p.m.      **Well-Being at Work: Being Intentional**  
**Sandy Goel, PharmD**, Owner, Go Well Advisory, LLC



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3:25 p.m.

**Group Discussions:** What Are the Three Things as a Leader You Must Do to Manage Your Health, Wellness and Well Being? Report Out by Groups Vote on Top Three for a Class Commitment

3:50 p.m.

**Break**

4:00pm

**Defining Moments and Wrap up**

5:00 p.m.

**End of Session**