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**Providence NWWA**

**Caregiver Self-Care & Resiliency Health Fair**

**January 28, 2021 – 7AM Agenda**

*Moderator Kick-off & Introduction*

*Jessica Burt, Director of Equity & Caregiver Well-Being/NWSA | Director of Program Operations/PIHC*

*Breast Center*

1. **Topic: Are You at High Risk for Breast Cancer?**

*Presenter:* Erin Chaney, Nurse Practitioner

*Injury Prevention*

1. **Topic: Inside Out Program & Impact Teen Driver Program**

*Presenter:* Rachel Weiding-Marty, Community Outreach Educator

1. **Topic: Stop the Bleed**

*Presenter:* Miklos (Mik) Preysz, Clinical Data Trauma Analyst

1. **Topic: Fall Prevention**

*Presenter:* Shanie McLaren, Community Health Educator

*Mission and Spirtual Care*

1. **Topic: Sustaining Your Spirit – Ways to Go In and Look Up**

*Presenter:* Barry Stueve, Chief Mission Integration Officer

*Stroke (Neuroscience Department)*

1. **Topic: Heart and Brain Wellness- Making healthy Choices!**

*Presenter:* Lisa Shumaker, RN, Stroke Program Coordinator

*PSJH Community Partnerships*

1. **Topic: Work2BeWell: Mental Health & Wellness Resources for Caregivers and our Community**

Presenters: Kayla Keigley, Director Work2BeWell and Regina Fernandez, Project Coordinator Work2BeWell // Community Partnerships

*Providence Medical Group (PMG), Behavioral Health*

1. **Topic: Guided Practice for Mindfulness**

*Presenter*: Crystal Blankinship, Manager of Behavioral Health, Providence Medical Group

*Providence Institute for a Healthier Community and Diversity/Well-being Committee*

1. **Topic: Understanding Your Worth**

*Presenter*: Kaila Alvarez, Diversity, Equity & Inclusion Manager, NWSA

1. **Topic: Accessing Community Well-Being Resources**

*Presenter:* Jessica Stallings, Community Health Education Manager, PIHC

1. **Topic: Values, Beliefs and Money**

*Presenter:* Work Source NWWA Providence Financial Video Series Preview

*Providence Intervention Center for Assault and Abuse*

1. **Topic: PICAA Services and Sex Trafficking Awareness**

*Presenters:* Carie Sattler, Advocate Specialist and Susanna Wren, Advocate Specialist & Volunteer Coordinator

*Providence Regional Medical Center (PRMCE)*

1. **Topic: How to Maintain Your Brain**

*Presenter:* Kevin Clay, Exec Dir Ambulatory Medicine, Physician Leadership

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