

2019 UCF Wellness Conference

Our Commitment to Wellness

As part of our ongoing commitment to wellness, the District hosted its first annual UCF Wellness Conference on Tuesday, February 5, 2019 at Unionville High School. The conference provided staff with an afternoon of exciting wellness activities to choose from.

- Offered to Professional Staff
- Included 20 presentations from wellness experts and a vendor fair
- All sessions and activities aligned with the district's seven wellness standards
- Wellness Board Goal: Host community events that align with the district's seven wellness standards



Wellness Conference Sessions and Presentations

- **Activate the Brain: Brain-Based Learning Strategies**, *Presenter: Mike Audevard*
- **The Benefits of Therapy Dogs**
- **Current Paradigms in the Active Treatment and Rehabilitation of Sports-Related Concussion**, *Presenter: Dr. Stephen Russo*
- **Digital Distraction... When Technology Takes Over**, *Presenter: Priscilla Murphy*
- **Emotional Intelligence: What it is and why it matters**, *Presenter: John Sanville*
- **Employee Orientation to EAP and Work/Life Website Services**, *Presenter: Matt Verdecchia*
- **Frisbee Golf**, *Presenters: Jimmy Conley & Drew Moister*
- **The Great Cauliflower Swap**, *Presenters: Marie Wickersham & Robin Daly*
- **Group and Individual Obstacle Fun Course**, *Presenters: Joe Herman & Buddy Meredith*
- **Health Vendor Fair**
- **Healthy Weight Loss**, *Presenter: Rachael Sokolic*
- **How to Do Walking Meetings Right**, *Presenter: Tim Hoffman*
- **The Importance of Sleep**, *Presenter: Dr. Craig Carroll*
- **Mindful Self-Care for Educators**, *Presenter: Rebecca Louick*
- **Personal Finance**, *Presenter: Kate Hershey*
- **Psychosocial Influences and Mental Health Outcomes in Sports-Related Concussion**, *Presenter: Dr. Stephen Russo*
- **Understanding Your Health Benefit Options**, *Presenter: Sharon Baillie, Bob Cochran, & Reschini Group Insurance*
- **Yoga - Gentle Vinyasa, Restorative**, *Presenter: Mandi Quinn*

Wellness Conference Vendor Fair

- AreUFit - DermaScan
- Art Department Booth
- Chester County Health Department Screenings
- Deep Muscle Therapy Center
- Health Advocate
- Horace Mann Retirement Advantage
- Kades-Margolis Corporation
- Lincoln Investment Planning
- Metropolitan Life Insurance Company
- PenServ Plan Services
- PlanMember Services
- Smoothie King
- U Financial Group
- VALIC Financial Advisors



Presentations and Session Resources

Copies of presentations and resources from the
Wellness Conference can be accessed on the
[UCFSD Wellness Website](#)



Survey Results

The district sent a survey to all attendees in an effort to gather feedback about the conference:

- We wanted to know...
 - Sessions staff attended
 - Feedback on the specific sessions
 - Additional presenters and vendors for future wellness conferences
 - Suggestions for the Wellness Conference planning committee
 - How did this conference impact participants (scale 1-10, 1 = not meaningful and 10 = greatly improved my well-being)
- 160 Respondents
- 97% of respondents indicated that the conference had a positive impact on their well-being.
- Respondents offered positive and constructive feedback on the sessions, ideas for additional sessions/activities, and valuable feedback about the structure of the day and conference operations.

Comments

- “I loved the yoga session! Very relaxing. The cauliflower cooking class was interesting and fun!”
- “The vendor health fair could've been better with more of the wellness stations and less of the personal finance stations. Frisbee golf was awesome! Need to do that in the buildings on an extended Monday at least once a year. Obstacle course was also fun. Great way to get the heart rate up!”
- “All of the instructors did a great job of preparing for and facilitating the sessions. I would attend them all again.”
- “Absolutely excellent. Healthy weight was informative and engaging. Yoga was fabulous and concussions was very interesting and very relevant to our students.”
- “These were SO well organized and worthwhile. The mindfulness session was wonderful with great information and sharing. The obstacle course and golf were so much fun - I appreciate the efforts that went in to setting both of these up!”
- “Both cauliflower and emotional intelligence were well planned, interesting, and informative. The health fair’s massage was outstanding; however, too many financial booths.”
- “The whole day rather than half; this was my favorite staff development day in 22 years with the district.”
- “Slightly larger group sizes. Some of the 20 person groups filled too quickly. Other than that, everything was fantastic!”

Recommendations

- Offer an annual Wellness Conference
- Include support staff
- February is a good month to focus on staff wellness
- Make it a full-day event
 - Opportunity to participate in more sessions
- Reduce number of financial vendors and presenters
 - Consider a separate event tied to Open Enrollment
- Offer more physical activities
- Have more massage therapists
- Bring therapy dogs to the district more often - for staff and students

