

2021 Live Well Advance Schedule & Breakout Sessions

Wednesday, November 17, 2021



12:15pm – 2:00pm Asset Framing Workshop with Trabian Shorters

2:00pm – 2:30pm Break

2:30pm – 3:30pm Breakout Sessions

Housing	Equity	Climate	Workforce	Personal	Youth	Family
City Heights Community Development Corporation: Housing is health: How stable housing leads to healthier communities	County of San Diego: Collaborative Efforts to Support Small Businesses and Community Providers	Kaiser Permanente: The Intersection of Climate, Health and Equity	Live Well San Diego: Live Well @ Work: Creating a Culture of Health	MusicWorx Inc: Music-Centered Wellness to Drum Out Zoom Fatigue	TransFamily Support Services: Voices from Transgender Youth	TrueCare: Overcoming Online Disparities for the Older Adult Population

3:30pm – 4:00pm Break

4:00pm – 5:00pm Breakout Sessions

Community HousingWorks: How Cross Sector Partnerships Fuel Positive Community Health Outcomes	Office of Equity & Racial Justice: Measuring and Mapping Equity in the San Diego Region	Climate Equity Taskforce: A Look at Climate Equity: The Tale of Two San Diegos	Senior Life Source: Why Companies Should Care for their Caregivers: A Call to Action	Sharp Rees-Stealy Medical Group: Embrace a Health Lifestyle: Culinary Medicine and Planetary Health Made Easy!	TrueCare: Offering a Listening Ear: Talking to Youth about Mental Health	Scripps Research: PowerMom - Empowering Pregnant People and Reducing Health Disparities
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Thursday, November 18, 2021

8:00am – 9:00am Keynote - Kim Scott & Trier Bryant - Workplace Equity

9:00am – 9:30am Break

9:30am – 10:30am Breakout Sessions

Housing	Equity	Public Health	Workforce	Personal	Youth	Family
Institute for Public Strategies: Grassroots to Grasstops: Growing the best community organizations	<i>Live Well San Diego: Live Well San Diego 101</i>	The San Diego County Medical Society and Champions for Health: COVID-19 Response	Strengths Consulting Group: Develop Employee Talent to Drive Wellbeing and Retention	Dayna Gowan: Guided Improvisation for Fun and Laughter	Recovery International: Get Graphic: A Novel Approach to Coping Skills	SAY San Diego: Persistent Courage For Fatherhood

10:30am – 11:00am Break

11:00am – 12:00pm Plenary Session – A Year in Review