2020 UI VIRTUAL HEALTH FAIR

NOVEMBER 4-6

Move forward with purpose

Schedule
9:00-9:45 a.m.  **Rise and Shine: Chair Yoga**

**PRESENTER:**
Helaina Thompson, [University of Iowa Recreational Services](#)

Learn techniques to inspire little “yoga breaks” throughout your work day. In this class we will practice yoga postures and techniques that can be done from an office chair. In the span of a half hour, and using a chair as our only prop, we will blend yoga movement, breath work, and philosophy.

As your yoga instructor for the Virtual health Fair, my accessible teaching style emphasizes creative movement and honors yoga’s roots. When I am not teaching yoga, I am a vegetable farmer and public health researcher.

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12:00-1:00 p.m.  **One-Step Finances: A Guide to Budgeting and Prioritizing Financial Stability**

**PRESENTER:**
Kelzye Bedwell, Director of Financial Stability, [Horizons, A Family Service Alliance](#)

This financial education presentation will cover the basics of personal financial management. The presentation will focus on personal budgeting, credit report monitoring and improvement, and goal setting.

Kelzye Bedwell is the director of financial coaching services with Horizons, A Family Service Alliance. She has provided financial education on a variety of topics since 2018. She enjoys taking a communicative approach to financial education. Focusing on personal goal setting, education, and removing the mystery from financial goal setting. She focuses on keeping financial education simple and attainable, because working toward financial freedom should be fun.

[More information on Financial Well-Being at UI](#)
2:00-2:30 p.m.  **Easy Ergonomics for Desk/Home Office Work**

**PRESENTER:**
Marcus Seaton, MS, PT, CEAS-III, Director, Workers’ Compensation & **UI Ergonomics, University of Iowa Human Resources**
marcus-seaton@uiowa.edu

The goal of the UI Ergonomics Program is to help ensure a safe and efficient work environment for all faculty and staff. Learn why proper ergonomics are important and what you can do to improve your posture and feel good working.

3:00-3:30 p.m.  **Optimal Ergonomics for Health Care, Research, and On-the-Go Jobs**

**PRESENTER:**
Marcus Seaton, MS, PT, CEAS-III, Director, Workers’ Compensation & **UI Ergonomics, University of Iowa Human Resources**
marcus-seaton@uiowa.edu

The goal of the UI Ergonomics Program is to help ensure a safe and efficient work environment for all faculty and staff. Learn why proper ergonomics are important and what you can do to improve your posture and feel good working.

Marcus graduated from Clarke College in 1998, with a Master of Science degree in Physical Therapy. He received post professional training in Ergonomic Analysis and Industrial Rehabilitation from the Back School of Atlanta, leading to certification as a Certified Ergonomic Analysis Specialist – III (CEAS-III).

Marcus has been a practicing physical therapist, in Industrial Rehabilitation, for the past 23 years. He has extensive multi-cultural experience in dealing with Worker’s Compensation, as he has practiced in regions ranging from Hawaii, to Chicago, to rural Iowa. As Director of the University of Iowa Workers’ Compensation and Ergonomics Programs, Marcus focuses on the goal of providing all University Faculty and Staff an efficient and safe working environment through prevention and education, onsite evaluation, and departmental consultation.
9:00-9:45 a.m.  Rise and Shine: Restorative Yoga

PRESENTER:
Meredith Caskey, University of Iowa Recreational Services
meredith-caskey@uiowa.edu

Restorative Yoga can be used to restart our health, strength, and well-being. We will start sitting and bring awareness to our breath. We will connect movement to the breath and come to an all four’s position for more stretching, lengthening, and strengthening positions like low lunge and child’s pose. This practice is for everyone. Modifications will be shared. The goal is to come away feeling refreshed and reenergized for the day.

Meredith is a long-time instructor of yoga to many groups of people. Over the last 2 decades she has had the privilege of teaching individuals of all ages from prenatal to older populations. She feels yoga is something anyone can do at any time in their life and is the foundation to being healthy physically, mentally, and emotionally. She invites you to make time for yourself to join the practice and share the positive energy with others through virtual yoga.

12:00-1:00 p.m.  TIAA Gold Series: Market Proof Your Retirement

PRESENTER:
Paul Bailin, TIAA

Throughout your career, you probably heard repeatedly how important saving for retirement is. However, as the day approaches, there are additional questions you’ll have to ask yourself. Am I overexposed to market losses? Will I outlive my money? Am I confident that I can retire on my terms? In retirement—and the years leading up to it—protecting your savings becomes just as important as growing it. Join us to learn how to create your own “personal pension” with TIAA Traditional, offered by Teachers Insurance and Annuity Association of America (TIAA).

As a Sr. Director with TIAA Institutional Financial Services, Paul Bailin drives distribution efforts with our Wealth Management and Advisory Services businesses to communicate TIAA’s unique capabilities in the areas of lifetime income, annuity solutions and retirement readiness. He is a frequent presenter at industry conferences and client events focusing on a range of retirement income planning topics. Prior to his current role, Paul worked in TIAA Global Asset Management (predecessor to Nuveen) where he provided wealth advisory teams with TIAA product expertise, market insights and portfolio construction perspectives. He was also responsible for distributing TIAA’s private equity real asset fund offerings to qualified clients. Paul previously held financial advisory roles at TIAA, Bank of America/Merrill Lynch and UBS Financial Services, working with individual clients and families. Paul holds the Certified Investment Management Analyst (CIMA®) designation. He earned an MBA from the Anderson School at UCLA and a B.A. in Economics from Tufts University.
3:00-4:00 p.m.  

**Make It OK: It’s Time to Start Talking About Mental Illness**

**PRESENTER:**
Jami Haberl, Executive Director, [Iowa Healthiest State Initiative](http://www.iowastateinitiative.org)

Globally, workplaces lose an estimated $1 trillion each year due to employees dealing with mental illness impacting their productivity. One in five people are diagnosed with a mental illness. The other four out of five people either know someone with a mental illness, work with someone who is impacted by mental illness and/or have a mental illness but has not been diagnosed. The majority of people are fearful to talk about mental illness and mental health due to stigma surrounding it and the possibility of losing their job. When people do not talk about mental illness, they are more likely not to seek treatment. 80% of mental illnesses are treatable! By breaking the silence, Make It OK is working to reduce the stigma of mental illness so Iowans will be more willing to seek the care they need. Join us to learn how together we can Make It OK!

Jami Haberl joined as the executive director of the Iowa Healthiest State Initiative in December 2014. She began her career at the Iowa Department of Public Health in 2001 working in the area of telemedicine and eventually leading the creation of the statewide public health and healthcare disaster preparedness and response program. In 2007, she joined as the executive director of Safeguard Iowa Partnership, a new nonprofit created to bridge the gap between public and private sector partners in the area of disaster preparedness, response and recovery. She has almost 20 years of experience building networks of public, private and nonprofit organizations to collaborate and coordinate on key issues impacting the state.

A native of Lohrville, Iowa, Jami received her undergraduate degree in community health education from Iowa State University and master’s degree in public health and healthcare administration from Des Moines University. Jami and her husband James Peterson live in Des Moines and enjoys scuba diving, biking, hiking and traveling.
9:00-9:45 a.m.  

**Rise and Shine: Gentle Yoga**  

*PRESENTER:*  
Helaina Thompson, [University of Iowa Recreational Services](#)

Combining a slow vinyasa style with restorative moments, this gentle yoga class will encourage you to explore the balance between effort and ease.

*As your yoga instructor for the Virtual health Fair, my accessible teaching style emphasizes creative movement and honors yoga’s roots. When I am not teaching yoga, I am a vegetable farmer and public health researcher.*

12:00-1:00 p.m.  

**LivWell Seniors: Caregiving and Resources**  

*PRESENTERS:*  
Rhonda Halterman, Owner,  
and Dr. Joe Cowley, SHSS, Senior Resource Specialist,  
[LivWell Seniors](#)

Partner of the University of Iowa through UI Family Services since 2019, LivWell Seniors will present on Senior Living 101 to provide excellent information for aging selves and loved ones that can help alleviate stress in the elder caregiving roles and process.

*Rhonda established LivWell Seniors in 2012 after experiencing the difficulties and stress that comes with having to identify and select appropriate eldercare solutions for a loved one. As she navigated through the myriad of unexpected challenges, questions, and potential options, Rhonda recognized the need for a knowledgeable and trusted advocate. Rhonda and her team have over 40 years of industry experience, helping hundreds of families identify the right options for their unique circumstances. “My greatest joy comes when those families I have assisted express to me that I gave them a renewed sense of hope and the guidance they really needed to get through this journey. I strive to ensure that EVERY family I assist feels my genuine desire to help them find the appropriate senior living solution.”*

*Joe Cowley, Ph.D. retired from the Center for Alcohol & Drug Services in the Quad-Cities after 33 years of service. From there he served as an Associate Care Coordinator for Alternatives for Older Adults in Davenport. He has also worked as an adjunct Professor for the University of Iowa, Scott Community College, and Blackhawk Community College. Joe resides with his wife, Julie.*
2:00-3:00 p.m.

What’s Essential? A Mindful Meditation

PRESENTER:
Bev Klug, MA, LMFT, Director of Mindfulness Programs, UI Behavioral Health/Department of Psychiatry/University of Iowa Health Care

Moving forward purposefully, as this year’s Health Fair invites us to do, requires us to know where we are before we can move forward. What have we learned from this time of disruption, eruption, tragedy, and sorrow mixed with connection, joy, beauty, bravery and tremendous change?

Mindfulness supports us in seeing clearly and being with what is here. Let’s pause together, primarily in silence with brief guidance, to reflect on what we’ve learned about what is “essential” during these past few months and how this informs our intentions of how we live each moment of our life, starting now.

Bev Klug has practiced mindfulness meditation and yoga for decades. She started the Mindfulness-Based Stress Reduction (MBSR) program at University of Iowa Hospitals & Clinics in 1996. Since then, in addition to the administration of the programs, Bev has taught mindfulness to nearly 2,000 people through MBSR and hundreds of others in graduate groups, university undergraduate mindfulness courses, groups for medical students and residents, and, since 2004, the Mindfulness-Based Cognitive Therapy (MBCT) program.

She received extensive training from the Center for Mindfulness at the University of Massachusetts Medical Center, and has been approved as a Certified Mindfulness-Based Stress Reduction Teacher by that institution. Her teachers included Jon Kabat-Zinn, Saki Santorelli, Ferris Urbanowski, Florence Meleo-Meyer, and Melissa Blacker, and this training has continued to be deepened through extended silent mindfulness meditation retreats and various related programs. Since 2003, Bev has integrated mindfulness practices into therapy with individuals in her clinical work as a marriage and family therapist in the UI Hospitals & Clinics Department of Psychiatry Outpatient Clinic. Prior to coming to UI Hospitals & Clinics, she had many years of doing therapy with couples, families, and groups and had been a teacher in multiple settings, including public schools and college classrooms.