

CLAIMING CREDIT

To receive credit for all Preconference sessions, keynote, and concurrent sessions you attend:

1. Provide your name, email, and requested credit types below.
2. Have Summit staff outside the session room initial this Checklist as you leave each session.
3. You must attend the session in full to receive credit.
4. Turn your completed Checklist in at the registration table by **12:30 p.m., Thursday, August 21.**
5. Receive your certificates via email by Sept. 30, 2025.

Name: _____ Email: _____

Select Your Requested Credit Type(s):

- | | | |
|----------------------------------|--|---------------------------------------|
| <input type="checkbox"/> CWP | <input type="checkbox"/> SHRM® | <input type="checkbox"/> CHES®/MCHES® |
| <input type="checkbox"/> ACSM | <input type="checkbox"/> HRCI® | CHES ID: _____ |
| <input type="checkbox"/> NBC-HWC | <input type="checkbox"/> CEBS Compliance | |

PREAPPROVED CREDIT TYPES

Note: **All sessions are pre-approved for the following certifications/designations: CWP, ACSM certification, CHES®, and NBC-HWC.**

Refer to this document for sessions that are also pre-approved for HRCI® and SHRM® recertification credits, advanced-level CHES® (MCHES®) credits, and/or CEBS Compliance credits, as well as the total number of credits available for each session. A ★ symbol indicates the session is preapproved.

MONDAY, AUGUST 18, 2025: PRECONFERENCE SESSIONS

Summit Staff Initials	9:00 a.m. – 4:30 p.m. 5.5 CE credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	ARCeology: The Next Crusade Jesse Gavin, Mitch Martens, Ryan Wolf 201/202	★	★	★	★
	More Green Time, Less Screen Time: Strategies for Implementing Nature for Improved Wellbeing Sarah Nielson 205	★			
	Wellness Laws 101 Barbara Zabawa 203/204	★		★	★

Summit Staff Initials	TUESDAY, AUGUST 19, 2025: CORE CONFERENCE, DAY 1 8:30 – 10:00 a.m. 1.25 CE Credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	The Evolution of Wellness: Trends, Fads, and our Future Laura Putnam, Ryan Picarella <i>Lone Star Ballroom</i>	★			★
Summit Staff Initials	10:45 a.m. – 12:15 p.m. 1.25 CE Credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Strategies for Building Teams that Thrive in Uncertainty Joseph Gleed, Brittany Badger Gleed <i>Lone Star ABC</i>	★	★	★	★
	Ethical AI in Wellness: Maximizing Efficiency & Credibility for Wellness Professionals Carrie Jarosinski <i>301/302</i>	★	★		★
	Daily Habits for Optimal Metabolic Health Monu Khanna <i>Lone Star FGH</i>	★			★
	Motivation in Action: Health Behavior Change Made Simple Hazel Anderson, Amy Walters <i>Lone Star DE</i>	★			★
Summit Staff Initials	1:30 – 3:00 p.m. 1.25 CE Credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Build a Better Brain: A Well Worth It Workplace Health Initiative Lana Saal <i>Lone Star FGH</i>	★		★	★
	The Power of Storytelling: Crafting Messages that Move and Motivate Sandy Cohen, Leo Smith <i>Lone Star ABC</i>	★			★
	Guided Improvisation: Fostering Playful Partnerships for Connected and Empowered Communities Jesse Greenfield <i>Lone Star DE</i>	★		★	★
	Nontoxic Positivity: Strategies for Resilience and Wellbeing Chase Sterling <i>301/302</i>	★	★	★	★
Summit Staff Initials	3:45 – 5:15 p.m. 1.25 CE Credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Wellness Wisdom – Blending Eastern and Western Practices for Health and Healing Amitha Kalaichandran <i>Lone Star Ballroom</i>	★	★	★	★

Summit Staff Initials	WEDNESDAY, AUGUST 20, 2025: CORE CONFERENCE, DAY 2 8:30 – 10:00 a.m. 1.25 CE Credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Online Oxygen: Your Guide to Digital Resilience Nina Hersher <i>Lone Star Ballroom</i>	★		★	★
Summit Staff Initials	10:45 a.m. – 12:15 p.m. 1.25 CE Credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Crave, Consume and Connect: A Science-Backed Exploration of Food Choice Theresa DeLorenzo <i>Lone Star FGH</i>	★			★
	Beyond the Lunch and Learn- Engaging Employees Through Experiential Learning Mallory Rubek <i>Lone Star DE</i>	★	★	★	★
	The Wellness Alliance Practice Framework: Aligning Personal Competency with Best Practices Joel Bennett <i>Lone Star ABC</i>	★			★
	Behavior Change Strategies for Reaching Unreachable People Michael Arloski <i>301/302</i>	★			★
Summit Staff Initials	1:30 – 3:00 p.m. 1.25 CE Credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Beyond Carewashing – A Systems Approach to Workplace Wellbeing Karla Chin <i>301/302</i>	★	★	★	★
	Exploring Spiritual Wellness: The Most Misunderstood Dimension of Wellness Nasimbanu (Bobby) Ansari <i>Lone Star DE</i>	★			
	Strains, Pains, and Injury: Assessing Movement Ability to Reduce Risk Lee Burton <i>Lone Star FGH</i>	★			★
	Mindful and Intuitive Eating Principles for Lasting Lifestyle Change Rebecca Blake <i>Lone Star ABC</i>	★	★		★
Summit Staff Initials	3:45 – 5:15 p.m. 1.25 CE Credits	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Finding Our Way Forward Mark Campbell, Jeff Jenkins <i>Lone Star Ballroom</i>	★			

Summit Staff Initials	THURSDAY, AUGUST 21, 2025: CORE CONFERENCE, DAY 3 8:15 – 9:20 a.m. 1 CE Credit	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Transforming Well-Being Data into Meaningful Change in High-Pressure Industries Abby Read, Abinue Fortingo <i>Lone Star DE</i>	★	★	★	★
	Building Connections Through Wellness Champions in the Workplace Dinesh Gyawali, Lakesha Ladell <i>Lone Star ABC</i>	★	★	★	★
	Shake, Rattle & Roll: Caring for the Industrial Athlete Lindsay Maurer <i>Lone Star FGH</i>	★		★	★
	Epidemic of Loneliness and Isolation: How Evidence-Based Health Programs Create Connection Jill Renken <i>301/302</i>	★			★
Summit Staff Initials	9:30 – 10:35 a.m. 1 CE Credit	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Transforming Health: A Community-Responsive Food-as-Medicine Case Study Elizabeth Machnica, Purnima Mohan <i>Lone Star DE</i>	★			★
	AI and Wellbeing: Redefining What's Possible Julia Suzuki <i>Lone Star ABC</i>	★	★		★
	Using Health Literacy to Overcome Hidden Barriers to Employee Health Alice Burron <i>Lone Star FGH</i>	★		★	★
	How A Strong Employer Brand Increases Engagement, Retention, and Wellness Lucas Mack <i>301/302</i>	★	★	★	★
Summit Staff Initials	11:05 a.m. – 12:15 p.m. 1 CE Credit	Entry level CHES, ACSM, NBC-HWC, CWP	Advanced-level CHES	HRCI, SHRM	CEBS Compliance
	Putting Your Mask on First: Harnessing Emotional Intelligence and Lifestyle Medicine Janik Conrad <i>Lone Star Ballroom</i>	★	★	★	

View the CE Credit page on <https://annual-wellness-summit.org> or contact continuinged@ifebp.org for additional information. For session descriptions and speaker bios, see the Summit app or <https://annual-wellness-summit.org>.

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