Dr. Ed Diener, PhD, Professor of Psychology at the University of Virginia, the University of Utah, and Senior Scientist for the Gallup Organization, is one of the most eminent research psychologists in the world. With a citation count over 160,000, he is one of the most highly-cited scholars in the world. Diener has been the president of three scientific societies, the editor of three scientific journals, and has won the major awards in psychology such as the Distinguished Scientific Achievement Awards from the American Psychological Association and the Association for Psychological Science, as well as honorary doctorates. He was elected a member of the American Academy of Arts and Sciences. Dr. Diener conducts research on the factors that influence people’s life satisfaction and happiness, such as income, upbringing, temperament, social capital, social relationships, and government policies. He explores the societal factors related to happiness such as economic development, clean air, low corruption and crime, social capital, taxation policies, and income safety-net programs. He has studied well-being in 166 nations of the world, and discovered both universal and culture-specific causes of happiness. In his recent research Diener has found that well-being does not just feel good, but is good for individuals as well as their societies. People high in well-being tend to be healthier, live longer, more productive at work, better citizens, more creative, and have stronger and more stable social relationships. Importantly, it is not just low levels of negative emotions that influence health and longevity, but enjoying life is, if anything, an even stronger predictor of good health. He has worked for the creation of national accounts of subjective well-being for policy purposes, to complement economic indicators of societal quality of life. He is now working for the adoption of well-being monitoring in healthcare, and interventions to improve well-being when it might be beneficial. Dr. Diener chairs the Personal Happiness track of the Global Happiness Council.
Patty Purpur de Vries has been the Director of the Stanford Health Promotion Network since 2011 and the Director of Strategic Projects for the Stanford WellMD Center since June 2016. Previously, she was the Manager for the Stanford Health Care and Stanford Children's Health employee wellness program called HealthySteps from 2013 - 2016. Patty graduated from Stanford in 1989. She was a 9-time NCAA All-American (Shot Put and Discus) and competed at the 1988 Olympic Trials. In 1995, she founded TimeOut Services. Patty and her team were instrumental in designing the original wellness programs for Google, Cisco, Yahoo!, Safeway and KLA-Tencor. In 2009, Patty sold the corporate wellness division, and trademarked Community BootCamp program, to Plus One of New York (now Optum). Patty's awards include: The Key to the City of Grand Forks, North Dakota, Business Journal Top Women in Business, and Top 50 Influential Women of Silicon Valley.

Dean Ornish, MD

Dr. Ornish is founder of the nonprofit Preventive Medicine Research Institute, Clinical Professor of Medicine at UCSF, and author of six bestselling books. He directed research proving, for the first time, that comprehensive lifestyle changes may begin to reverse heart disease and early-stage prostate cancer, without drugs or surgery. The Ornish diet was rated “#1 for heart health” by U.S. News & World Report every year since 2011, and it is the first lifestyle program to be covered by Medicare. His TED talks have been viewed by over 4.5 million people. Dr. Ornish was appointed by two U.S. Presidents to White House presidential advisory commissions. He was recognized by LIFE magazine as “one of the fifty most influential members of his generation” and by Forbes as “one of the seven most powerful teachers in the world.”
Barbara Fredrickson, PhD

Dr. Fredrickson is the Kenan Distinguished Professor at the University of North Carolina at Chapel Hill, with appointments in Psychology and the Kenan-Flagler School of Business. She is also Director of the Positive Emotions and Psychophysiology Laboratory (a.k.a., PEP Lab). Fredrickson is a leading scholar within social psychology, affective science, and positive psychology, and has received more than 16 consecutive years of research funding from the National Institutes of Health. Her research and teaching have been recognized with numerous honors, including, in 2000, the American Psychological Association's inaugural Templeton Prize in Positive Psychology, in 2008, the Society for Experimental Social Psychology's Career Trajectory Award, in 2013, the inaugural Christopher Peterson Gold Medal, the highest honor bestowed by the International Positive Psychology Association, and in 2017, the TANG Prize to honor her exceptional contributions to the well-being of humanity. Her work is cited widely and she is regularly invited to give keynotes nationally and internationally.

Michael Steger, PhD

Michael F. Steger, Ph.D. is Professor of Psychology, and the Founding Director of the Center for Meaning and Purpose at Colorado State University. He earned his doctorate in Counseling Psychology and Personality Psychology from the University of Minnesota in 2005. For more than 15 years, he has researched how people flourish through building meaning and purpose in their lives and in their work. He has published more than 100 scholarly journal articles and book chapters, and three books, including *The Psychology of Positivity and Strengths-Based Approaches at Work* and *Purpose and Meaning in the Workplace.*
Leif Hass, MD

Dr. Hass is a senior hospitalist at Summit Alta Bates Medical Center in Oakland California. He is adviser to The Greater Good Science Center at UC Berkeley on health, healthcare and Well-being. Also he serves as clinical faculty for the UC Berkeley- UCSF Joint Medical Program and faculty at the Clinical Excellence Research Center which develops new models of care delivery. His essay on the importance of touch in healing was published in the New York Times. He received his medical degree from McGill University Faculty of Medicine and has been in practice for more than 20 years.

Steve Flowers MS, MFT

Steve Flowers is the founder and director of the Mindfulness-Based Stress Reduction (MBSR) Clinic at the Enloe Medical Center in Chico, California. Steve is a long time practitioner of meditation and has been teaching MBSR since 1997. He has provided training in mindfulness to thousands of people. He pioneered MBSR online programs that make full 8-week MBSR programs available to persons all over the world. As a licensed psychotherapist in private practice Steve specializes in the treatment of stress related conditions, anxiety and depressive disorders and couples therapy. Steve provides training in mindfulness-based psychotherapy for mental health professionals and provides fully accredited mindfulness retreats for physicians and other health professionals in workshops, seminars and retreat settings with his dear friend and partner Bob Stahl, Ph.D. through Mindful Living Programs.
Health Systems Panel
Andrea Klemes, MD

Dr. Klemes is the Chief Medical Officer of MDVIP. She also serves as the executive and organizational leader of MDVIP’s Medical Advisory Board that supports quality and innovation in the delivery of the healthcare model drawing expertise from the affiliated physicians. She oversees MDVIP’s impressive outcomes data and research including hospital utilization and readmission statistics, quality of disease management in the MDVIP network and the ability to identify high-risk patients and intervene early. She is instrumental in the adoption of the Electronic Health Record use in MDVIP-affiliated practices and the creation of the data warehouse. Dr. Klemes is board certified in internal medicine and endocrinology and a fellow of the American College of Endocrinology. Prior to joining MDVIP, Dr. Klemes worked at Procter & Gamble in the areas of personal healthcare, women’s health and digestive wellness and served as North American Medical Director for bone health. She spent 10 years in private practice specializing in endocrinology and metabolism in Tallahassee, Florida. In addition, Dr. Klemes held leadership roles with the American Medical Association, Florida Medical Association and as Medical Director of the Diabetes Center in Tallahassee and Panama City, Florida, as well as Chief of the Department of Medicine at Tallahassee Community Hospital. She has been a consultant and frequent lecturer and has completed broad clinical research in diabetes and osteoporosis and published extensively.

Rhonda Cornum, PhD MD

In addition to running a large farm in central Kentucky, Brigadier General (retired) Cornum, helps organizations integrate proven resilient thinking skills into their leadership training. She also serves as the Director of Health Strategy for TechWerks, a small business delivering healthcare IT solutions to both the Department of Defense (DOD) and commercial communities. She first established and then served as the first Director of the U.S. Army’s “Comprehensive Soldier Fitness” initiative until 2012. This strategy represents the model for universal implementation of physical and psychological health promotion within the DOD. Dr. Cornum is an expert on resilience, both personally and professionally. In 1991, while serving as a flight surgeon with an attack helicopter battalion during Desert Storm, Rhonda’s Blackhawk helicopter was shot down over Iraq. One of three survivors from the eight-person crew, Major Cornum was captured by Iraqi forces, and held as a Prisoner of War for 8 days. In addition to demonstrating the value of “resilient thinking skills” in dealing with significant challenges in life, her open dialogue about these experiences helped drive Congress to expand the roles of women in combat. She has authored numerous publications and sits on numerous
committees and advisory boards, including the Secretary’s POW Advisory Committee for the VA, several Institute of Medicine committees, and the External Advisory Board for the Millennium Cohort Study. She also serves as a Professor of Military and Emergency Medicine at the Uniformed Services University of the Health Sciences. Dr Cornum is Board certified in Urology, a Fellow in both the American College of Surgeons and the Aerospace Medical Association, and is a member of the American Society of Nutrition. Her military decorations include the Distinguished Service Medal, Legion of Merit (with two oak leaf clusters), Distinguished Flying Cross, Bronze Star, Meritorious Service Medal (with four oak leaf clusters), Purple Heart, Air Medal, and Prisoner of War Medal.

Edward M. Phillips, MD

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and is Founder and Director of the Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital. In his work at the ILM he has directed 19 live CME programs starting in India in 2006 and continuing with twice yearly courses sponsored by the Harvard Medical School Department of Global and Continuing Education plus 7 online CME modules completed by over 15,000 clinicians from 115 countries. In 2015 Phillips began his role as Chief of the Physical Medicine & Rehabilitation Service at the VA Boston Healthcare System. Additionally, Phillips is a Fellow of American College of Sports Medicine (FACSM) and served on the executive council that developed the Exercise is Medicine global initiative. He has authored numerous publications. He serves on the Advisory Board of the American College of Lifestyle Medicine and on the Health Sector of the United States National Physical Activity Plan. He is co-founder and co-director of the Lifestyle Medicine Education Collaborative “LMEd” which is working to incorporate nutrition, exercise, self-care and behavior change into US medical school curricula. He is integrating lifestyle medicine training across the Veterans Health Administration in his role as Whole Health Education Champion for Professional Trainees. He is site-PI for the Health Resources Services Administration Preventive Medicine Training Grant educating Yale Preventive Medicine residents in Lifestyle Medicine. He is a founding committee member of the American Board of Lifestyle Medicine. Phillips is an active clinician and researcher who speaks and consults nationally. His medical school, SUNY Buffalo School of Medicine and Biomedical Sciences honored him with its Distinguished Alumni Award for his accomplishments in Lifestyle Medicine. The President’s Council on Fitness, Sports and Nutrition has recognized both Dr. Phillips and the ILM with its Community Leadership Award. He appears on national media including Good Morning America, ESPN radio, Huffington Post, Slate, and Time Magazine. He co-hosted the NPR Daily Exercise Podcast, WBUR’s Magic Pill which was awarded an Edward R. Murrow award for Excellence in Innovation.
Michael D. Parkinson, MD, MPH, FACPM

Dr. Parkinson is Senior Medical Director for Health and Productivity overseeing employer health and productivity strategies for UPMC Health Plan and WorkPartners. As Principal of P3 Health, he supports companies and organizations in optimizing prevention, performance and productivity through innovations in population health, clinical care, benefit design and payment. Dr. Parkinson is Past President of the American College of Preventive Medicine, the national medical specialty society of physicians trained in and committed to disease prevention, health promotion and systems-based approaches to improving health and health care. He formerly was founding Executive Vice President, Chief Health and Medical Officer of Lumenos, a pioneer of consumer-directed health plans and after acquisition, a subsidiary of Wellpoint/Anthem. A retired Air Force colonel, he served as associate director of medical programs and resources in the Office of the Surgeon General where he was responsible for policy and planning for over 2 million beneficiaries, 70 facilities and a $4 billion budget. While assigned to the US Public Health Service, Dr. Parkinson oversaw federal health professions programs in public health, geriatrics and preventive medicine. He served on the National Advisory Committee of the Robert Wood Johnson Foundation Health Care Purchasing Institute assisting employers to purchase higher quality care. Mike was vice chair of the American Board of Preventive Medicine and a member of the Residency Review Committee. Other appointments included the Institute of Medicine Committee reviewing NASA employee health programs, and as faculty for the 14-cities Robert Wood Johnson Foundation “Aligning Forces for Quality” project. He serves on the Advisory Board of the NIOSH-funded U of Iowa Center for Workforce Excellence, as board member for the American Heart Association Great Rivers Affiliate, the (DOD) Defense Health Board and Institute of Medicine Committee on Select Populations. He currently is on the editorial boards of the American Journal of Preventive Medicine and the American Journal of Medical Quality. Dr. Parkinson is a recipient of the Air Force Legion of Merit, Distinguished Service Award of the American College of Preventive Medicine, and Distinguished Recent Graduate Award from the Johns Hopkins School of Public Health. He received his AB from Cornell University, MD from George Washington University, family practice training at the UCLA and his MPH, preventive medicine residency and chief residency at Johns Hopkins.

Sean Hashmi, MD, MS, FASN

Dr. Hashmi is the adult weight management lead for Southern California Kaiser Permanente. He is a board-certified Internist, Nephrologist and Obesity Medicine Specialist practicing at Kaiser Permanente, Woodland Hills, California. Dr. Hashmi graduated from the University of California, San Diego Medical School. He completed his residency in Internal Medicine at UCLA-Olive View Medical
Center followed by a fellowship in Nephrology at the University of California, Los Angeles. Dr. Hashmi has earned several teaching awards and is a sought-after speaker on nutrition, obesity, lifestyle medicine and kidney disease. He is currently the Assistant Area Medical Director and Medical Staff President at Kaiser Permanente, Woodland Hills, California. He has also served on the Southern California Permanente Medical Group Board of Directors. In addition, he serves as the current President-Elect for the Clinical Management of Obesity Section of the Obesity Society. He is a proud member of the American College of Lifestyle Medicine. In his spare time, Dr. Hashmi enjoys several activities including maintaining his lifestyle medicine blog SELFPrinciple.org, working out, and spending time with his wife and two daughters.

Angie Kalousek Ebrahimi

Angie Kalousek Ebrahimi joined Blue Shield in 2010 to oversee Blue Shield’s external lifestyle medicine offerings and to serve as a consultative resource for employer groups, brokers and internal lines of business. In her current role, Angie directs a team that delivers the planning and execution of clinically proven lifestyle medicine programs for many Blue Shield of California groups, such as CalPERS, CCSF and County of San Bernardino. Angie and her team also work with the individual lines of business to drive engagement in the lifestyle medicine interventions under the Wellvolution brand. Angie is strategically working to forward Blue Shield of California’s position as an industry leader by integrating lifestyle medicine offerings into the care continuum. Prior to joining Blue Shield, Angie worked as the Wellness Program Manager at Visa, Inc. where she created and implemented a new suite of global wellness programs for Visa employees. Part of her role at Visa was to incorporate Visa wellness programming with health plan offerings so that employees had a seamless experience. Prior to her time at Visa, Angie served as the Fitness Director at the Sports Club LA in San Francisco where she oversaw a staff of 60 trainers, nutritionists, and sports coordinators. In her role there, she also managed new member fitness programs, trainer education and direct private training sales. Angie has also worked in marketing, business planning and accounting. Angie holds an M.B.A. from Golden Gate University, a B.S. in Business from the University of California, Haas School of Business, Berkeley, and is a Certified Holistic Lifestyle Coach.
Dr. Braman spent the major portion of his career from 2007-2013 building the national professional association for Lifestyle Medicine -- the American College of Lifestyle Medicine. He was its second President and first Executive Director. Under his leadership the association put lifestyle medicine on the professional map with national conferences, collaborations with other professional organizations, and education and professional development for physicians and other practitioners. Initial efforts toward establishing professional standards led to collaboration with the American College of Preventive Medicine, eventually culminating in the first ever publication in JAMA on lifestyle medicine culminating from a national blue ribbon panel on competencies for physicians in prescribing Lifestyle Medicine. Dr. Braman now innovates professionally as President of the Lifestyle Medicine Foundation, where he is creating the practical resources and systems for lifestyle medicine in the next generation of health care. He continues to practice lifestyle medicine and has directed departments for hospitals, clinics, and his own private practice, working with patients to find "the joy of living well".

Mark Rowe, MD

Dr. Rowe is a practicing Family Doctor based in Waterford City. Mark graduated from U.C.D. Medical School in 1991 and went on to specialize in family practice and became a qualified member of the Irish College of General Practitioners in 1995 achieving the first place 'Ellerd Eppel' award. His current research interest is in the area of ‘generative space’, which means that by providing inspiring surroundings in the primary healthcare setting you can enhance the esteem and feel good factor of both patients and staff with resultant long term health improvements. Dr. Rowe is a part of a worldwide research collaboration on ‘Generative space’ and is involved in ongoing research with the CARITAS project. The CARITAS Project is a non-profit organization dedicated to pioneering the next generation of improvements in health and healthcare delivery through innovative design of the healthcare environment. He is a trainer with the South East G.P. Training Programme and Senior clinical lecturer with the University of Limerick Graduate Medical School.
Mr Giza has been a registered nurse for nearly a decade, working in ERs and ICUs across the country. For the past two years, he has devoted himself to becoming a Board Certified Nurse Coach, and has created a thriving health and wellness coaching practice with his partner. This year, his company, The Nurse Coach Collective, launched their training program to provide registered nurses with the most accessible and extraordinary avenue to become Board Certified Nurse Coaches.

Blaine Wilson, MS, CEP, CPHWC

Blain is Sr. Director of Business Development at Wellcoaches. He has been with Wellcoaches since 2002 and is responsible for business development including Corporate, International, and University Partnerships. He is an ACSM Certified Clinical Exercise Physiologist and received his Undergraduate degree in Exercise Science, with a minor in Psychology, and his Graduate degree in Cardiac Rehabilitation and Primary Prevention. His 30 + years in the healthcare field in both the clinical and corporate settings in the US and China brings a unique perspective to consult with facilities initiating progressive health coaching programs.

Patty Purpur de Vries – See bio under speakers
Community Resources Panel
Michael P. O’Donnell, PhD, MBA, MPH

Dr. O’Donnell is CEO of the Art and Science of Health Promotion Institute. He is also founder and editor-in-chief emeritus of the American Journal of Health Promotion, founder and program chair of the Art and Science of Health Promotion Conference, and founder and chairman emeritus of Health Promotion Advocates. He has worked directly as a consultant with more than 150 employers, healthcare organizations, government agencies, foundations, insurance companies and health promotion providers to develop and refine health promotion programs, products, policies, and legislation and has served as an employee in leadership roles in four major health systems, including the Cleveland Clinic, as well as serving as the Director of the Health Management Research Center and a faculty member in the School of Kinesiology at the University of Michigan. He has authored more than 200 articles, book chapters and columns and 6 books and workbooks, including Health Promotion in the Workplace, which has been in continuous publication since 1984 and translated into four languages. He has presented more than 300 keynote and workshop presentations on six continents, partially or fully owned 7 small businesses, served on boards and committees for 49 non-profit and for-profit organizations, and received 15 national awards. He conceived and authored legislation that was incorporated into the Affordable Care Act, including provisions that resulted in production of the annual National Prevention Strategy. He earned a PhD in Health Behavior from University of Michigan, an MBA in General Management and an MPH in Hospital Management, both from University of California, Berkeley, and an AB in psychobiology from Oberlin College. He attended high school and was later a Senior Fulbright Scholar and visiting professor in Seoul Korea.

David Ring, MD, PhD

David Ring, MD PhD is Associate Dean for Comprehensive Care and Professor of Surgery and Psychiatry at Dell Medical School. Trained as a hand and orthopedic surgeon, Dr. Ring’s extensive research, patient care, and quality and patient safety leadership contributed to an understanding of and a passion for the ways that mindset and circumstances affect human illness. Getting people interested in innovative ways to get and stay healthy depends on effective communication strategies that establish trust and make healthy habits appealing. Dr. Ring’s current work focuses on ways to use existing knowledge, diverse expertise, and innovative applications of technology to help people choose healthy options consistent with their values.
Gail Ironson, MD, PhD

Dr. Ironson is a Professor of Health Psychology and a Board Certified Psychiatrist. She received her Ph.D from the University of Wisconsin, her M.D. from the University of Miami, and her residency training at Stanford. She has almost 250 publications in the field of behavioral medicine applied to HIV/AIDS, cancer, and cardiovascular disease, is current President of the Health Division of the International Positive Psychology Association, is past president of the Academy of Behavioral Medicine Research Society (a senior level organization by invitation only), and is a current or past member of the editorial board of five journals (International Journal of Behavioral Medicine, Mind/Body Medicine, AIDS and Behavior, Health Psychology, and Journal of Applied Psychology). She has directed or co-directed federally funded research studies investigating psychological factors in long survival with HIV/AIDS, stress management in HIV and cancer, massage therapy and immunity, and treatments for recovery from traumatic events. Finally, she set up and runs the trauma treatment program at the University of Miami Psychological Services Center, which makes available to the community (on a sliding scale basis) both traditional (PE, CPT) and newer (EMDR) approaches to treatment. Her current areas of focus include examining positive psychological factors (such as spirituality, compassion, meaning, positive affect, optimism, and emotional expression) and health, and recovery from trauma.

Rachel Millstein, PhD, MHS

Dr. Millstein is a staff psychologist in the MGH Behavioral Medicine Program and Assistant Professor in Psychology at Harvard Medical School. Her research focuses on developing multilevel interventions to promote physical activity and improve diet, with emphases on obesity prevention and chronic disease prevention. She is funded by the NIH to study the role of emotions in health behavior change (specifically physical activity), including the use of positive psychology to improve well-being and health behaviors. Her work has focused on patients with cardiovascular disease and diabetes, as well as helping children and older adults get active and lose weight. Dr. Millstein’s clinical work includes CBT, ACT and mindfulness-based strategies for managing depression, anxiety disorders, weight, and chronic health conditions.
Jessica Matthews is assistant professor of integrative wellness at Point Loma Nazarene University, where she developed the Master of Kinesiology in Integrative Wellness program. She also serves as senior advisor for the American Council on Exercise (ACE), the world’s largest non-profit health and fitness certification and education organization, where she develops and delivers educational content in the form of textbooks, articles, videos, and online courses for exercise professionals and health coaches. A sought-after and trusted media resource, Jessica regularly contributes as a wellness expert to numerous publications and media outlets, including, but not limited to, CNN, The Washington Post, Women’s Health, The New York Times, and NPR. A recognized leader and mentor in the field, Jessica was named the 2017 IDEA Fitness Instructor of the Year for her superior instructional abilities and positive influence with her local community and the global health and fitness industry. An educator and entrepreneur, Jessica is founder and president of Integrative Wellness Education, Inc., through which she delivers keynote speeches, lectures, and trainings at conferences, events, and organizations worldwide, including courses in the areas of health coaching, behavior change, and mindfulness. As an experienced registered yoga teacher, Jessica guides weekly donation-based oceanfront yoga classes in San Diego, in which 100% of the are donated to various non-profit organizations which speak to her heart. Jessica holds a bachelor’s degree in physical education teacher education from Coastal Carolina University where she graduated at the top of her class. She also holds as a master’s degree in physical education from Canisius College where she was named to the inaugural Griffis Under 40, a list of notable alumni under the age of 40 who are recognized innovators in their respective fields. She is currently completing a doctorate in behavioral health with a focus on clinical integrated care through Arizona State University. As a national board certified health and wellness coach, Jessica works within the UC San Diego Center for Integrative Medicine, designing, delivering and researching mindfulness-based lifestyle interventions.

Edward M. Phillips, MD –See bio under Health Systems Panel