



Health and Wellbeing Possibility Day

November 14, 2024, 9 a.m.-4 p.m.

Redmond Community Center

Village 6505 176th Avenue NE Redmond, WA 98052

Session Objectives:

- To explore what a leadership practice that values the health and well-being of each person, including our Selves, would look, sound, and feel like.
- To expand definitions of health and well-being and envision a community where everyone thrives.

Agenda

Time	Activity	Presenter(s)
9 a.m.	Welcome & Community Agreements Pulse check Land Acknowledgement	C. Marie, LT'23 Cindil Redick-Ponte, LT'24 dae shogren, LT'24
9:45 a.m.	Defining Health & Welling Reflection & Partner Discussion	Cindil Redick-Ponte, LT'24 dae shogren, LT'24
10:15 a.m.	Rest/movement break	
10:30 a.m.	Leadership Studio Community Conversation Meli Bless, Founder, We Move 2 Give Dr. Ben Danielson, Clinical Professor, Department of Pediatrics, University of Washington Jennifer Nguyen, EAP Program Director, WA Department of Enterprise Services Carmen Smith, LT'24, Executive Director, White Center Food Bank	Panel
11:45 a.m.	Reflection	C. Marie, LT'23
12:00 p.m.	Lunch	Cohort
1:15 p.m.	Health & Wellbeing Breakouts <ul style="list-style-type: none"> • Accessible Zumba led by Meli Bless • Intro to Deep, Slow Movement: Tai Chi with Susan • Joy Coaching with Nacala Ayele • A Crystal Bowl & Breath Meditation with Heather 	Cohort

Engaging Leaders. Shaping Our Future.

2:30 p.m.	Rest/wellbeing break	
2:45 p.m.	Health in All Policies: A Collaborative Approach to Health Rooted in Equity	Cindil Redick-Ponte, LT'24 dae shogren, LT'24
3:45 p.m.	Connection to Next Challenge Day and Adjourn	C. Marie Taylor, LT'23
4:00pm	Social Hour - Postdoc Brewing Redmond 17625 NE 65th St #100, Redmond, WA 98052	All

Bios

Heather Adams

Heather is a breath meditation teacher and writer based in the Pacific Northwest. She is currently working to reconnect people with ancestral ways to heal the body, mind and soul.

Nacala Ayele, LT'25

Born and raised in Seattle, Washington, Nacala comes from a background of art, community organizing, and healing work. As a healer, Nacala has practiced Massage Therapy for 17 years.

Nacala is currently enrolled in the Happiness Studies Academy, a certificate program of Harvard University.

As a Joy Coach, Nacala provides 1:1 coaching, classes and workshops that focus on joy cultivation in marginalized communities. Nacala believes that joyful people create liberated families and communities.

Nacala's current projects include Like Fine Wine, Black Joy Over Time, a collection of filmed narratives that celebrate the joyful experiences of Pacific Northwest-based Black People over 60 years old. She is the host of The Joy Corridor podcast that celebrates community members who are bringing joyful experiences to the community, and she is part of the Seattle Black Spatial Histories Institute of Wa Na Wari, learning the best practices for recording Black Oral Histories.

Among Nacala's favorite things are travel, snacking, food history, cooking, midnight marauding, roller skating, dating, dancing, frolicking, merry-making and kickin' it with the Homies, Aunties, Elders, and like, hella Cousins.

Meli Bless

Meli is a licensed Zumba instructor and the Founder of *We Move to Give*, an organization committed to breaking socioeconomic barriers to fitness. With a degree in Industrial Psychology and over 15 years of experience in the medical field, Meli has devoted her career to connecting clients with the resources they need to improve their health and well-being.

Meli's passion for fitness and wellness extends beyond the gym, as she believes that fitness should be accessible to everyone, regardless of background or financial status. Through *We Move to Give*, her mission is to create an inclusive, supportive environment where individuals can enhance their fitness, make meaningful connections, and have fun. Meli's philosophy is simple: fitness is for *everybody* and *every body*.

Her approach to fitness combines physical activity with community-building, ensuring that all participants feel welcome and empowered on their wellness journey.

Dr. Ben Danielson, Clinical Professor, Department of Pediatrics, University of Washington & Center Director, AHSAY

Benjamin Danielson, MD, is a professor of practice at the University of Washington and the director of AHSAY, a center committed to addressing youth incarceration. He frequently speaks on the topic of equity in venues such as the healthcare realm, academic settings, and other relevant gatherings.

Dr. Danielson is trained as a pediatrician, having completed medical school at the University of Washington School of Medicine, and his residency at the Seattle Children's Hospital. He practiced for two decades in primary care in a community-based clinic and served as an attending physician in the hospital.

Benjamin serves on several committees and boards at the local and national levels. He considers it an honor to work within brilliant communities that know what they need, cherish their youth, and have too often been overlooked.

On a personal level, Ben believes in young people. He believes there is an abundance of brilliance all around us and that we do not lack ideas or effective approaches to even our greatest challenges. Ben understands that the best solutions most often come from the wisdom of those most impacted by injustice. He holds outrageous certainty that cultivating relationships makes for a better world. Ben has benefitted from co-conspiring with brilliant youth and a movement of compassionate people. He realizes he is often the least useful member of the circles he joins and he is inspired - every day - by the children, families, communities and organizations with whom he interacts.

There is a profound joy that each of us is due. It comes from a deep regard for our ancestral paths, the powerful love of those who know us, a reflective understanding of our worth and purpose, a sense of dignity that is expressly offered and received, continuous discovery based on the unfading spark of curiosity, and the honor of the long collective journey.

Jenn Nguyen (she/her) LICSW, Director of Washington State Employee Assistance Program

Washington State Department of Enterprise Services

Jenn is the Director of the Washington State Employee Assistance Program. The Washington EAP has provided confidential mental health support to Washington State public service employees and their families for over 50 years.

Jenn is a licensed mental health professional, diversity and equity consultant, and trainer, and her private practice is located in south King County. She enjoys spending time with her two children and puppy, impulsively adopted during the pandemic.

Cindil Redick-Ponte (they/she), MSSW, LT'24 Manager of Community Healthcare Improvement and Linkages, Washington State Department of Health

Cindil is a thoughtful and dynamic social worker specializing in supporting organizations to build community-led programs and operationalize anti-racist and equitable practices. Currently, they serve as the Community Healthcare Improvement and Linkages Manager at the WA Department of Health, overseeing the sexual, reproductive, and perinatal health programs in Prevention and Community Health.

As a multiracial person of color, Cindil grew up in a home where generosity, community, and justice were core values. Since the age of three, they have advocated for social justice and bring a wide range of academic, professional, and lived experience to their work. They are an experienced social policy practitioner, engaging public speaker, and an aspiring textile artist. In the community, Cindil can be

Engaging Leaders. Shaping Our Future.

found supporting health, art, and environmental justice as an active member of the Shoreline Parks, Recreation, Cultural Services and Tree Board.

dae shogren, LT'24

dae shogren (day shoo-grin; she.they.we), MPA is the Equity & Social Justice Director with King County Council (KCC). Prior to KCC, they spent nine years with the Department of Children, Youth, and Families, where she co-created the Office of Racial Equity and Social Justice as the Equity and Community Partnerships Administrator. Before joining DCYF, she spent 25+ years in the private sector supporting youth and young adults. Throughout their career, she has advocated for individuals and families of colonially excluded communities with limited support and opportunities. The ongoing goal is to upturn systematic racism and ideals embedded in the dominating culture. There is not one path that will make this happen, making the process imperative to include Lived Experts, community partners, and leaders to take ownership of our collective responsibility. She firmly believes that we all must have a solid community to not only survive but flourish together.

Carmen Smith LT'24, Executive Director at White Center Food Bank,

Carmen grew up in a single-parent immigrant & low-income household, similar to many families that come to White Center Food Bank. Her mother worked multiple jobs to make ends meet and always managed to make a home-cooked meal. Carmen attributes these meals to her success. She has dedicated the last 13 years paying this good fortune forward by working with international hunger relief agencies and grassroots nonprofits in food justice. As the Executive Director at White Center Food Bank, she nurtures invaluable partnerships and gets to share her mom's cooking with volunteers & staff.

Susan Warden

Susan is currently retired, living in Sequim, WA, after a 30-year career as a professional modern dancer, teacher, and choreographer in Kansas City. While Artistic Director of Susan Warden Dancers, a regional touring company, she was a frequent guest artist around the country for dance companies and universities. In addition, she served as a grants panel member for local, state, and National Arts Commissions.

Susan has been studying Tai Chi for 15 years as the next step in her movement journey after her dance career and as good movement training for keeping up with her two grandchildren!