|  |  |  |
| --- | --- | --- |
| Time |  | length |
| 9:00 – 9:20 | Welcome and introductions | 20 min |
| 9:20 – 9:30 | Agenda and scope | 10 min |
| 9:30 – 11:00 | What is a healthy workplace? | 1 hr 30 min |
| 11:00 – 11:15 | Break | 15 min |
| 11:15 – 11:35 | Discussion | 20 min |
| 11:35 – 12:05 | What can the library do | 30 min |
| 12:05 – 12:35 | What can you do | 30 min |
| 12:35 – 12:55 | Discussion & sharing | 20 min |
| 12:55 – 1:00 | Wrap Up CE and Resources | 5 |

* Describe the benefits of a healthy workplace
* Explore what a healthy work environment looks like
* Identify changes you can make at the individual level to improve your health and wellness at work
* Identify changes to make at an organization level to improve the overall health and wellness in your library
* Increase awareness of evaluation tools related to news articles and other online content related to health and wellness
* Increase awareness of resources from NLM and NIH related to health and wellness in the workplace