

# UNIVERSITY WEEK



CALIFORNIA STATE UNIVERSITY  
**BAKERSFIELD**™

## 'Runners on the Rise: *Building Community Together*

*Open to all CSUB employees. We welcome all CSUB faculty, staff and auxiliary employees.*

### Staff Professional Development

*Wednesday, August 21, 2024 • Student Recreation Center*

*Lunch: Noon-1pm • Program 1-4pm*

#### KEYNOTE SPEAKER



#### Susan Saelee

*Director of Operations for Blue Zones Project, Bakersfield*

Susan received her B.A. in Psychology from the University of California, San Diego. Her purpose and passions revolve around helping children in communities thrive. Susan is excited to be part of Blue Zones Project because she gets to participate in bringing evidence-based concepts and practices for healthier outcomes to a community she grew up in. This project can make lasting changes in our environment that will positively impact health and well-being outcomes for generations to come and Susan is proud to play a role in the work. Outside of work, Susan enjoys spending quality time with her husband Joe and their daughters, Mia and Liana.

#### GUEST SPEAKER

#### Emily Duran

*Chief Executive Officer Kern Family Health Care*

#### TEAM BUILDING ACTIVITIES

The CSUB Challenge Program provides student-led programming to foster team building and create opportunities for you to challenge yourself and your group. Whether you are bringing your team out to experience the thrills of our high ropes challenge course, or participating in our icebreakers and ground games, The Challenge Program is here to help your group bond and improve the way you work together. Please welcome our student Challenge Facilitators to lead you in some icebreakers. We hope you form some new connections today and encourage you to join us at the Challenge Course in the future.

#### WELL-BEING PLATFORM LAUNCH

Join us on University Day to learn about the launch of CSUB Well, our new and exciting employee well-being platform powered by Propel. This new platform offers personalized well-being challenges, educational resources, and incentive programs to support your overall health. Don't miss this opportunity to enhance your well-being and connect with colleagues. Be there and be part of this positive change!



BLUE ZONES PROJECT



CSUB Well