

## GENERAL SESSIONS

2:50 - 3:45 pm. . .

Economic Update

Dr. Michael L. Walden

Professor

Department of Agriculture & Resource Economics

North Carolina State University

Raleigh, NC

Walden will review current economic issues in health care, analyze the impact of government programs on the increase in health care costs, and contrast alternative reform approaches to health care issues.

3:45 - 3:55 pm. . . Stretch Break

3:55 - 4:50 pm. . .

Breathing Space: Living & Working in a Sped-Up Society

Jeff Davidson, MBA, CMC

**Executive Director** 

Breathing Space Institute

Chapel Hill, NC

It's no illusion — the pace of society has sped-up. Juggling work and domestic tasks is a growing challenge. It seems that every gainfully employed adult in America today, including all of your staff, is time-pressed and often over-stressed. Jeff Davidson will show you a way out of this dilemma without requiring radical changes in how you live. He offers sensible, implementable solutions that instinctively feel right. He will strip away the antiquated notion of Time Management, offer new perspectives, and new ways to stop racing the clock.