

Symposium on Complexity in Health and Wellness Behavior

	10:00-11:00	11:00-12:00	Lunch	1:30-2:30pm	Break	2:45 - 3:45pm	Break	4:00-5:00pm	Dinner/Special Events
Wednesday, September 5	Happiness and the Hedonometer - Peter Dodds	Introductions		Social media and mental health - Chris Danforth		Working Groups		Science of Willpower - Neuroscience of Addiction and the Frontal Lobes - Nicholas Allgaier	6:30-8:30PM: Welcome Reception upstairs balcony - Echo Center Aquarium
Thursday, September 6	Behavioral economic principles that motivate health-related behavior change - Diann E Gaalema	Network Theory and the Unexpected Consequences of Behavior - Laurent Hébert-Dufresne		The Ecology of Poverty: understanding the root causes of poverty and disease - Matt Bonds		Obesity from a complex systems perspective - Ross A. Hammond		Working Groups	-
Friday, September 7	Integrating behavioral and digital technology to promote health behavior - Allison Kurti	Working Groups		Wearable and mobile technologies for improving human health and performance - Ryan McGinnis		History of the Human Heartbeat - Dario Robleto		Non-Opioid Chronic Pain Treatments - Paula M. Gardiner, MD	-