



Catch the Worksite Wellness wave!

March 29, 2017

Sheraton Hotel & Conference Center
Burlington, Vermont

Who should attend

Employers—with worksites of any size
Human Resource professionals
Employees
Anyone interested in worksite wellness

Agenda

8:00–8:45

Registration/exhibits/networking

Continental breakfast

8:45–9:00

Welcome

Harry Chen, MD

Vermont Commissioner of Health

MAJOR SPONSORS



9:00–10:00

Presentation of 2011 Worksite Wellness Awards

Governor Peter Shumlin

Stuart Offer, DC

Vermont Governor's Council on Physical Fitness and Sports



**BlueCross BlueShield
of Vermont**

An Independent Licensee of the
Blue Cross and Blue Shield Association.
www.bcbvvt.com

10:00–11:00

Creating Supportive Cultural Environments for Wellness

Wellness holds great promise for each of us. Unsupportive cultures frequently undermine positive practices and our efforts to adopt healthier lifestyles. This presentation explores the impact of five cultural dimensions: shared values, norms, peer support, cultural touch points and the overall social climate. The presentation features field-tested culture change strategies as well as best practice examples.

Judd Allen, PhD

President, Human Resources Institute, LLC



GOLD SPONSORS



11:00–11:30

Exhibits/networking

Mid-morning refreshment



11:30–12:30

Best Practices Panel

Three diverse worksites with thriving wellness programs share their best practices in building a healthy culture for their employees at work and at home.

Moderator: David Butsch, MD

Vermont Governor's Council on Physical Fitness and Sports

SILVER SPONSORS



12:30–1:15

Lunch—healthy lunch with vegetarian options provided

Address: Craig Jones, MD, Director

Vermont Blueprint for Health

BRONZE SPONSORS



1:15–1:45

Exhibits & Wellness Break

Try a physical activity you can bring back to your workplace.

See next page for afternoon workshops and registration information



1:50–2:50

Workshops

1. **Toolkits for Wellness Culture Coaching**
Judd Allen, PhD, President
Human Resources Institute, LLC
2. **Beyond Fear: The FUNdamentals of Planning for Impact in Your Program**
Tracy D. Gallo, Health Management Consultant
Blue Cross and Blue Shield of Vermont
3. **“Not on My Time”: Alcohol Availability and Workplace Drinking**
Bill Keithcart, LADC
Day One, Fletcher Allen Health Care
4. **Take a Moment for Yourself: How Mindfulness Can Help Reduce Stress and Promote Wellness**
Roz Grossman, MA
Neshamah Center

3:00–3:50

Workshops

1. **Strategies to Create a Skinny Workplace**
Laural Ruggles, VP Marketing and Community Health Improvement
Northeastern Vermont Regional Hospital
2. **Motivating Employers to Empower Employees: Effective Strategies for Employee Engagement**
Lori A. Smith, Health Management and Wellness Consultant
Hickok and Boardman Group Benefits
3. **Setting Goals and Priorities: Bringing Order to Chaos, Reducing Stress, and Creating Success**
Stuart Offer, DC
Wellness Director, YMCA
4. **Take a Moment for Yourself: How Mindfulness Can Help Reduce Stress and Promote Wellness**
Roz Grossman, MA
Neshamah Center

4:00 **Adjourn**

Registration fees

\$75.00 per person
\$50.00 for employees coming from a worksite that applied for a 2011 Governor’s Council on Physical Fitness and Sports Worksite Wellness Award

Deadline to register: March 11, 2011

Name _____
 Organization/Agency _____
 Address _____

 City _____ State _____ Zip _____
 Phone _____ E-mail _____

Fee, please check one

- \$75.00** per person
 \$50.00 per person, Worksite Wellness Award Applicant

Questions

802-863-7330

Website

<http://healthvermont.gov/family/fit/worksitewellness.aspx>

Make checks payable to
Vermont Department of Health
Send with this form to
2011 Worksite Wellness Conference
Fit & Healthy Vermonters Program
Vermont Department of Health
 108 Cherry St, PO Box 70
 Burlington VT 05402-0070