



Worksite Wellness Conference

*Healthy employees add
to a healthy bottom line*

Who should attend

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

March 28, 2012

**Sheraton Hotel & Conference Center
Burlington, Vermont**

MAJOR SPONSORS



8:00–8:45



**BlueCross BlueShield
of Vermont**

8:45–9:00

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

9:00–10:00



10:00–11:00

GOLD SPONSORS



SILVER SPONSORS



11:00–11:30

BRONZE SPONSORS



11:30–12:30

Agenda

Registration/exhibits/networking

Continental breakfast

Welcome

Harry Chen, MD

Vermont Commissioner of Health

Presentation of 2011 Worksite Wellness Awards

Governor Peter Shumlin

Vermont Governor's Council on Physical Fitness and Sports

Organizational Well-Being a Means to Individual Well-Being

Pedometers, veggies, wellness campaigns. Too often well-meaning wellness programs have unintended, negative consequences because their scope is too narrow. In order for organizations to be effective and have top-performing employees and satisfied customers, they must broaden their scope. Health is only a fraction of a bigger, more complex picture of what impacts organizations. This session will provide a framework for focusing on organizational well-being as a means to individual well-being.

Rosie Ward, Ph.D., President, Human Resources Institute, LLC

Exhibits and wellness break

Choose an activity to try out and bring back to your work place.

Best Practices Panels

Panel presentations featuring successes and challenges implementing worksite wellness, based on employer size.

See next page for more workshops and registration information

12:30–1:15 **Lunch**—healthy lunch with vegetarian options provided

1:30–2:30 **Workshops — chose one**

1. The Intrinsic Factor: Moving Beyond Incentives for Lasting Results

Rosie Ward, Ph.D., MPH, MCHES, Certified Intrinsic Coach

2. A Culture of Wellness Brings a Culture of Productivity

Gillian Pieper, M.Ed., PATH — Planned Action Toward Health, LLC
Vice President, Research and Health Promotion

3. Fundamentals and 11 Keys: How to create a culture that fosters intrinsic motivation

Morella Devost, EdM, MA, Transformation One

4. Little Bytes About Getting Sandwiched In: Embracing Fully the Circle of Life

Lisa M. Donohue, MA, LMT, Certified Coach, Co-owner, Thrive Center of the Green Mountains
Robin Taft - Gordon, R.N., M.Ed.

3:00–3:50 **Workshops — chose one**

1. Get more WOW...NOW! Increasing Engagement and Motivation: Extrinsic to Intrinsic.

Tracy D. Gallo, Health Management Consultant, BlueCross Blue Shield of Vermont

2. Resilience: An Organizational Approach to Improve Emotional Health and Well-Being.

Evelyn Sikorski, CSW, CEAP Manager, EFAP, Fletcher Allen Health Care
Lori A. Smith, Wellness Consultant, Hickok and Boardman Group Benefits

3. Pathways to Optimal Health Stuart Offer, MS, DC, CSCS, CLC, Wellness Director, YMCA

4. Using Ergonomic Interface to Engage Employees and Create Solutions for Solving Soft Tissue Complaints

Louise F. Lynch, PT, CEES, CWCE, Injury and Health Management Solutions

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

\$100.00 for registrations after March 9, 2012; No walk in registration will be permitted.

Deadline to register: March 16, 2012

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

\$100.00 per person, registrations after March 9, 2012

Questions

802-863-7270

Website

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

Make checks payable to

Vermont Department of Health

Send with this form to

Attn: Worksite Wellness Conference
Division of Health Improvement,
Disease Prevention

Vermont Department of Health

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