



# WORKSITE WELLNESS CONFERENCE

**December 1, 2009**  
**Capitol Plaza,**  
 100 State Street, Montpelier, Vermont

**WHO SHOULD ATTEND:**

Employers, Human resource professionals,  
 Employees, Anyone interested in worksite wellness

**AGENDA**

8:00 - 8:45 **Registration/Exhibits/Networking** (Continental breakfast)

8:45 - 9:00 **WELCOME**  
**Wendy Davis, MD** Commissioner of Health

9:00 -10:00 **Presentation of 2009 Worksite Wellness Awards**  
 Governor **Jim Douglas** and the  
 Vermont Governor’s Council on Physical Fitness and Sports

10:00 - 11:00 **Worksite Wellness in Challenging Economic Times**  
 Keynote address presenting health and well-being interventions to support employees in their behavior change efforts and increase the value senior and middle management give to wellness  
**William B. Baun, EPD, FAWHP**, director of University of Texas M.D. Anderson Cancer Center wellness program

11:00 - 11:30 **Exhibits, Networking**/Mid morning refreshment

11:30 - 12:30 **WORKSHOPS** (choose one)  
**A. Making Wellness Work:** Roundtable discussions with Worksite Wellness Award leaders

**B. Resiliency in Worksite Settings:**  
 A Wellness Strategy Focused on “Bounce Back”  
**William B. Baun EPD, FAWHP**, Director, University of Texas M.D. Anderson Cancer Center wellness program

**C. State of The Art of Health Coaching**  
**MaryBeth Pappas Baun, M.Ed., ACSM, NASM**  
 Principal, Baun Associates/Private Wellness Coach

12:30 **ADJOURN**

**Major Sponsors**



**Gold Sponsors**



**Silver Sponsors**



**OPTIONAL, POST CONFERENCE TRAININGS:**

1:00 - 2:00

**1. Workplace Physical Activity Leader (PAL) Training**

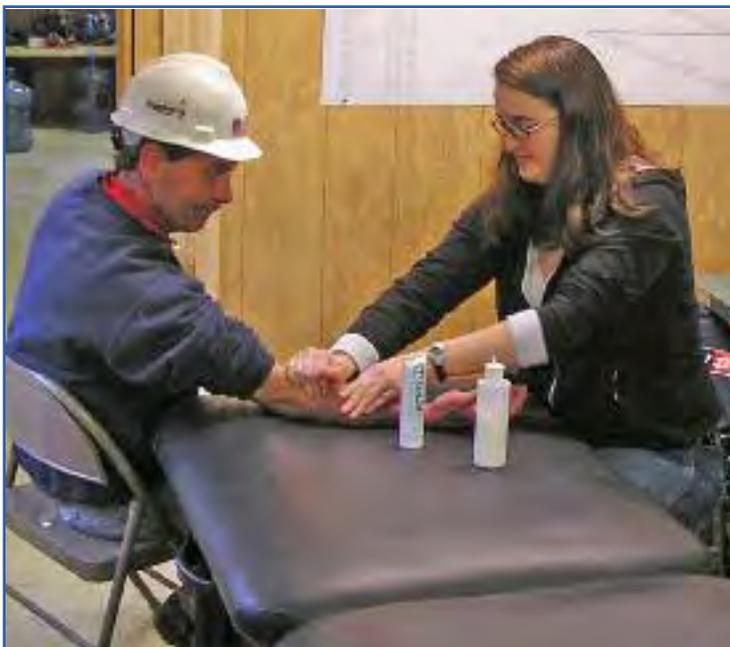
**Robin Edelman**, Diabetes Program Administrator,  
Vermont Department of Health  
**Suzanne Kelley**, Physical Activity Coordinator,  
Vermont Department of Health

**2. Breastfeeding Supports To Reduce Absenteeism**

**Kirsten Berggren, PhD, RN, IBCLC**  
Consultant, Vermont Department of Health  
**Tricia Cassi, BSS, IBCLC**  
WIC State Breastfeeding Coordinator

**3. Make It Your Business: Tobacco Free Workforce Strategies**

**Evelyn Sikorski, CSW**, Tobacco Treatment Specialist,  
Fletcher Allen Health Care  
**Lori A. Smith**, Health Management and Wellness  
Consultant, Hickok and Boardman Group Benefits



**Registration Fees** (per person):

**\$40.00**

**\$30.00** employee of a 2009 Worksite Wellness Award applicant

**\$15.00** post conference training session, includes lunch and materials

**Deadline to Register: November 20, 2009**

Please make checks payable to: **Vermont Department of Health**

And send with this form to:

**VTPHA**, PO Box 732, Burlington, VT 05402

NAME: \_\_\_\_\_

ORGANIZATION/EMPLOYER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Questions:** [1-866-331-5622](tel:1-866-331-5622)

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

**Morning workshop choice, please check:**

- Making Wellness Work Roundtable
- Resiliency in Worksite Settings
- Health Coaching

**Registration Fees** (per person): please check

- \$40.00**
- \$30.00** employee of a 2009 Worksite Wellness Award applicant

**Optional Post Conference Training**

- \$15.00** per person
- Please check the ONE you plan to attend:*
- Physical Activity Leader Training
  - Breastfeeding Supports
  - Tobacco Free Workforce Strategies

Total Enclosed \$ \_\_\_\_\_