

The banner features a dark blue background with a yellow sun in the top left, a green tree on the right, and a collection of wellness-related icons at the bottom including a red heart with a pulse line, a green bicycle, a water bottle, a red apple, a yellow clock, and a glass of orange juice. The text is in white and yellow.

2018 WORKSITE WELLNESS AWARDS & CONFERENCE

Wellness Essentials for a Thriving Workplace

Keynote: Sara Rauch, WELCOA

WELCOA (the Wellness Council of America) is one of the nation's most-respected resources for building high-performing, healthy workplaces. Sara serves as the Director of Strategy and Planning for WELCOA, ensuring that members and the public have access to cutting-edge research and resources. Sara has launched award-winning wellness programs and engineered work environments to create cultures of health across multiple industries.

Judd Allen, Human Resources Institute LLC

Dr. Allen is President of the Human Resources Institute, LLC, a research, publishing and consulting firm that focuses on the creation of supportive cultural environments. He earned his Ph.D. in Community Psychology from New York University and serves on the editorial board of the *American Journal of Health Promotion*. Dr. Allen supports over 200 health and wellness professionals in their Wellness Culture Coaching work, and has assisted several hundred government, business and community settings to bring about lasting and positive culture change. Dr. Allen has served as on the Board of Directors of the National Wellness Institute, as a Senior Research Analyst at Memorial Sloan-Kettering Cancer Center and on the Vermont Governor's Council for Physical Fitness and Sports. Dr. Allen has authored more than 50 books, journal articles, training manuals and software titles. His most recent books are *Leading for Purpose*, *Culture Change Planner*, *The Social Climate Toolkit*, *The Cultural Analysis Toolkit*, *A Family Guide to Wellness*, *Kitchen Table Talks for Wellness*, *Bringing Wellness Home*, *Wellness Leadership and Healthy Habits*, *Helpful Friends*. Further information about Judd's work is available at www.healthyculture.com.

Liz Vogel, Dots Inc.

Bringing over 25 years of global business leadership, Liz works with leaders, teams and individuals to focus on organizational structure and communication to align teams to achieve their vision. Liz brings a focus on an often over looked solution to the workplace, the co-generational workforce and the experienced worker.

Lindsay Simpson, The Richards Group

Lindsay delights in working from a research-based, holistic perspective; respecting that every group and every individual has unique strengths and values that interact with family, workplace and community cultures. She has completed training from WELCOA, Wellness Culture Coaching, and Coaches Training Institute. Lindsay also holds an M.P.H. from UNC Chapel Hill and an B.A. from Middlebury College. In her free time, she can be found volunteering for Girls on the Run Vermont or playing in the mountains with two- and four-legged friends.

Steve Dickens & Mark Attridge, Invest EAP

Steve Dickens is the Director of Invest EAP. Steven has been involved as a Visiting Scholar at the Harvard T.H. Chan School of Public Health for the past 15 years. He is a licensed Psychologist-Master, with over 25 years' experience in employee assistance.

Mark Attridge, PhD, MA, is a leading researcher in the fields of wellness and employee Assistance, Mark has produced over thirty peer-reviewed papers and chapters and over 200 articles. Mark is a popular presenter at international conferences and is known for translating research findings into practical applications.

Myra Bergeron, Tracy Gallo, Anna Karnezos, Kim Langlais, Jessica Moore, Blue Cross Blue Shield of Vermont

As Health and Wellness Consultants and Client Engagement and Web Specialist for BCBSVT, Tracy Jessica, Kim, Myra and Anna work to support employer groups to implement successful wellness and population health initiatives. They have certifications in the following: Coaching, Change Management, and Worksite Wellness Program Management. They are well versed in strategic planning and project management and are happiest when their clients succeed!

Lizzy Pope, University of Vermont

Lizzy Pope is an Assistant Professor and Director of the Dietetics Program at the University of Vermont. Her research interests and research work center on the application of behavioral economics theories to health behaviors to make the healthy choice the easy choice. For the past three years, she has worked with GameTheory to develop a gaming application that encourages exercise in high school students. She also has expertise in incentive provision for physical activity and default option shifts to promote healthier eating behaviors.



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Wellness Essentials for a Thriving Workplace

Nick Patel, Wellable

Nick Patel is the Founder and President of Wellable, a wellness technology platform that enables employers to run fun and engaging health and wellness challenges through an ecosystem of consumer technologies they already know and love, such as Fitbit, RunKeeper, Strava, Apple Health, and more.

Prior to Wellable, Nick worked at TriZetto, a leading healthcare technology company offering software solutions to health plans and providers, and served as Director of Strategy, reporting directly to one of the executives of the firm. Nick also worked at Harris Williams and Morgan Keegan as an investment banking Analyst and Associate, advising on mergers and acquisitions and capital raises for healthcare and technology companies. He is also an Adjunct Professor at George Washington University's School of Medicine & Health Sciences.

Heather Main, Main Wellness

Heather Main, M.Ed., has worked as a presenter in health promotion and fitness instruction for 29 years. Her business, Main Wellness Works, opened in 2002 and brings health promotion workshops to the worksite. Heather is a Certified Personal Fitness Trainer, Pilates and Yoga instructor.

Seth Rebeor, Michel Hughes, Injury Health Management Solutions, Inc.

Michael Hughes, PTA, graduated from Colby-Sawyer College with a Bachelor's degree in Health Promotion and from Bay State College with an Associate's degree as a Physical Therapist Assistant. Michael has been employed with IHMS since 2015 where he has provided a variety of injury prevention services to the State of Vermont and currently provides ergonomics and injury prevention services for United Technologies Aerospace Systems, Green Mountain Power, Weidmann Electric, Vermont Electric Co-Op, and Global Foundries. His focus is in outpatient orthopedic physical therapy as well as promotion of workplace wellness & injury prevention.

Seth Rebeor ATC is a graduate from the University of Vermont with a degree in Athletic Training. He is a Certified Ergonomic Evaluation Specialist (CEES) through the Matheson System. As an Athletic Trainer he knows how to deal with the weekend warrior to the elite athletes. He provides a variety of injury prevention services to the State of Vermont, Perrigo, Camoplast, Green Mountain Power and Keurig Green Mountain to provide ergonomic evaluations, on site therapy, post offer/pre-employment screens, job analysis, and preventative programs.

Elizabeth Mauntler, Walter Ziske, Central Vermont Medical Center

Elizabeth is a physical therapist at Central Vermont Medical Center with over 15 years of experience working with clients. She has a passion for health and wellness promotion which includes assisting with the creation and implementation of Fitness 4 Wellness, and she is currently completing her Health and Wellness Coaching Certification through Wellcoaches.

Walter Ziske is passionate about working with others to improve the health and wellness of our communities. As Program Director of Fitness 4 Wellness, he believes in the principle of patient centered care. He is presently completing his double Bachelor's Degrees in Healthcare Administration and Human Services.

Dr. Elisabeth Fontaine, Stacy Carpenter, Jessica Frost, Rise VT

Dr. Elisabeth Fontaine is the Medical Director of Lifestyle Medicine at Northwestern Medical Center and an Obstetrician/Gynecologist. A member of the American College of Lifestyle Medicine and American Academy of Anti-Aging Medicine, she assists her patients in achieving their health and wellness goals. Her progress through the health and wellness discipline continues to evolve today.

Stacy Carpenter - Stacy is a Public Health Nurse with the Saint Albans District Office at the Vermont Department of Health providing technical assistance and best practice approaches to improve the health and wellness of our community.

Jessica Frost - Jessica Frost is the RiseVT Wellness Specialist for St. Albans. She works with businesses, schools, and municipalities to make her community a healthy place to live, work and play in. You will often find her doing some of her favorite family outdoor activities: skiing, paddleboarding, gardening and biking.