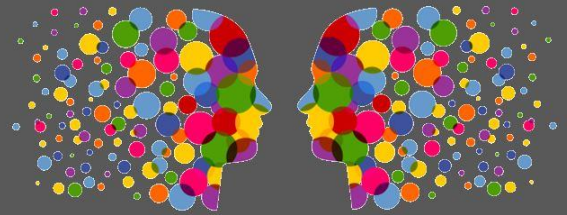


2024

WORKSITE WELLNESS AWARDS & CONFERENCE



Awareness to Action: Elevating Emotional & Social Wellbeing

October 10, 2024

DoubleTree by Hilton
870 Williston Road
Burlington, VT 05403

REGISTER NOW!



\$120.00 per person until August 16th
\$150.00 per person until September 13th

**QUESTIONS? Interested in
SPONSORING or EXHIBITING?**

Please contact:
AHS.VDHWorksiteWellnessConference
@vermont.gov

WEBSITE

[https://www.healthvermont.gov/wellness/
worksite-wellness](https://www.healthvermont.gov/wellness/worksite-wellness)

DOWNLOAD THE APP!

Download EventMobi on your smart device and find the 2024 Vermont Worksite Wellness Conference to access the agenda, session descriptions, network with other attendees, and more!



AGENDA

Happy World Mental Health Day!

9:00 Registration | Breakfast Buffet | Exhibits

10:00 Welcome | Opening Remarks
Dr. Levine, VDH Commissioner of Health

10:15 Keynote Address
MJ Shaar, Smarts and Stamina
5 Strategies to Positively Elevate Your
Workplace Culture

11:15 Transition Time

11:30 Concurrent Breakout Sessions
[See page 2 for details.](#)

12:15 Lunch Buffet | Exhibits | Networking

1:00 Facilitated Movement Break

1:15 Worksite Wellness Awards Ceremony

2:15 Transition Time

2:30 Concurrent Breakout Sessions
[See page 2 for details.](#)

3:15 Transition Time

3:30 Panel discussion
[See page 2 for details.](#)

4:15 Prizes | Closing Remarks | Adjourn

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BREAKOUT SESSIONS

11:30am Concurrent Breakout Sessions

1. **Sunny Naughton**, Sunshine Silver Lining, LLC
Mental Health in the Workplace: Actionable Knowledge and Next Steps
2. **Gina Rancourt MS RD CD**, Whole Health Nutrition
Food for Mood
3. **Kate Myerson RDN CD CDCES**, Lamoille Health Partners
Destigmatizing Wellness
4. **Sarah Galbraith, Tawnya Kristen**, Green Mountain United Way
How Your Space Supports Your People

2:30pm Concurrent Breakout Sessions

1. **Porter Knight**, Productivity Vermont
Overcoming Perfectionism
2. **Judd Allen Ph.D.**, Human Resources Institute, LLC
Supporting Proactive Mental Health
3. **Cara Hancy, Melisa Oliva**, UVM Osher Center for Integrative Health & Employee Wellness
Discover Your Full Health & Wellness Potential: Experience Health & Wellness Coaching
4. **Allisyn Lambert**, The Richards Group
Empowering Employees to Resolve Financial Stress
5. **Anne Bower, Laurie Knauer, Sue Rubel**, Tai Chi Vermont, Inc
Tai Chi – An Innovative Program for Health, Safety, and Fitness in Any Workplace

PANEL DISCUSSION

3:30pm Moderated by **Lindsay Simpson**, The Richards Group

Hear from Outstanding Worksite Wellness Contributor nominees and award recipient about their innovative initiatives.

HOST ORGANIZATIONS

