

# 2023

## WORKSITE WELLNESS AWARDS & CONFERENCE

Creating Organizational Culture to Support Employee Wellbeing



### October 24, 2023

DoubleTree by Hilton  
870 Williston Road  
Burlington, VT 05403

**REGISTER NOW!**

\$100.00 per person until August 31st  
\$120.00 per person after August 31st

#### QUESTIONS?

**Interested in SPONSORING or EXHIBITING?**

Please contact: [Stephanie.Bergen@vermont.gov](mailto:Stephanie.Bergen@vermont.gov)

#### WEBSITE

<https://www.healthvermont.gov/wellness/worksite-wellness>

#### SPONSORS



Wellness



**Wellable**



### AGENDA

- 9:30 Registration | Coffee & Tea | Exhibits
- 10:00 Welcome | Overview
- 10:15 Keynote Address with Q&A  
**Dr. Jude Smith Rachele, Abundant Sun**  
People, Planet, Purpose, and Profit:  
Living well together
- 11:30 Concurrent Breakout Sessions
  1. Harnessing the Power of Visual Thinking to Motivate Wellness and Self-Care  
**Heather Main, M.Ed. C.P.T, NBC-HWC,**  
Main Wellness Works
  2. Building a Culture of Health in a Hybrid World  
**Geoff Geredien, Wellable**
  3. Mental Focus in the Workplace  
**Porter Knight, Productivity Vermont**
  4. The Perils of Passive Sitting  
**Turner Osler, MD, UVM and QOR360**
- 12:30 Lunch | Exhibits | Networking
- 1:30 Worksite Wellness Awards Ceremony
- 2:30 Panel discussion  
Hear from Outstanding Worksite Wellness Contributor nominees and award recipient about their innovative initiatives.
- 3:30 Prizes | Closing Remarks | Adjourn