

MARCH
30
2016

WORKSITE WELLNESS CONFERENCE

Integrating wellness on and off the job
Sheraton Hotel & Conference Center, Burlington

CLICK TO REGISTER

REGISTRATION

Deadline to register: **March 16th**

\$ 78.00 for award applicant

\$104.00 per person before March 1st

\$128.00 per person after March 1st

Walk in registration not permitted.

QUESTIONS

802.859.5916

WEBSITE

[healthvermont.gov/family/fit/
worksitewellness.aspx](http://healthvermont.gov/family/fit/worksitewellness.aspx)

MAJOR SPONSORS



GOLD SPONSORS



**BlueCross BlueShield
of Vermont**

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



THE
University of Vermont
MEDICAL CENTER

SILVER SPONSORS



BRONZE SPONSORS



AGENDA

- 7:30 Registration • Exhibits • Light breakfast
- 8:30 Welcome
Janet Franz
Chair, Governor's Council on Physical Fitness and Sports
Harry Chen, MD
Commissioner, Vermont Department of Health
Governor Peter Shumlin (invited)
Worksite Wellness Awards
Presented by **Health Commissioner Chen and Janet Franz**
- 10:00 Keynote Address with Q&A
David Katz, MD
Director of Yale-Griffin Prevention Research Center
- 11:00 Fitness Intermission
- 11:15 Best Practice Sharing by Participants
- 12:15 Lunch • Exhibits • Networking
Healthy lunch with vegetarian options provided
- 1:30 Concurrent Workshops
1. Knowledge to Power in Wellness Practice:
The case for sandbagging
David Katz, MD, Yale-Griffin Prevention Research Center
 2. Productive Minds and Bodies
Abby Wadsworth, Whole Health Nutrition
 3. Resilient Leadership
Ryan Polly, University of Vermont Medical Center
 4. Employee Volunteering
David Jones, Grossman School of Business, University of Vermont
 5. Design With the Whole Person in Mind:
Integrating safety and health in the workplace
Total Worker Health Panel, facilitated by **Connie Gavin, Invest EAP**
- 2:35 Fitness Intermission
- 3:00 Concurrent Workshops
1. Employee Wellness to Employee Progress
Dave Peckinpaugh, 1COACH
 2. Secular Meditation in the Workplace
Ginny Sassaman, The Happiness Paradigm
 3. Integrating Better Movement During Your Work Day
Louise Lynch, Injury and Self-Management Solutions, Inc.
 4. Personal and Professional Resiliency – Bliss Anyone?
**Pru Sullivan, David L. Cooperrider Center for Appreciative Inquiry,
Still School of Business, Champlain College**
 5. Keeping It Real:
Tips for integration and collaboration in your community
Tracy Gallo, Evelyn Sikorski, Monica Urquhart
- 4:00 Adjourn