

WORKSITE WELLNESS

CONFERENCE 2017

Wellness Without Borders



MARCH 23, 2017

Sheraton Hotel & Conference Center

[CLICK TO REGISTER](#)

REGISTRATION

Deadline to register: **March 10th**

\$ 78.00 for award winners

\$104.00 per person before March 1st

\$128.00 per person after March 1st

Walk in registration not permitted.

Now offering Green Commuting!

Registrants can now choose a commuting option when registering online and have a chance to win a \$100 gift card to Price Chopper and two free 10-ride LINK passes. Deadline to register is March 1st.

QUESTIONS

802.859.5916

WEBSITE

[healthvermont.gov/wellness/
physical-activity-nutrition/workplace](http://healthvermont.gov/wellness/physical-activity-nutrition/workplace)

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AGENDA

7:30 Registration • Exhibits • Light breakfast

8:30 Welcome

Janet Franz

Chair, Governor's Council on Physical Fitness and Sports

Mark Levine, MD

Commissioner, Vermont Department of Health

Governor Phil Scott (invited)

Worksite Wellness Awards

Presented by **Health Commissioner Levine and Janet Franz**

Activity break

10:00 Keynote Address with Q&A

Eric Karpinski, Founder of *The Science of Happiness Program*

11:00 Mindfulness Meditation Break

11:15 Promising Practices: Worksite wellness strategies for success

12:15 Lunch • Exhibits • Networking

Healthy lunch with vegetarian options provided

1:30 Concurrent Workshops

1. Spreading the Science of Happiness to Your Teams

Eric Karpinski, Keynote Speaker

2. Creating Inclusive Workplaces

Panel-Facilitated Discussion

3. Engaging Wellness:

Your roadmap to succeeding at the worksite and beyond

Tracy D. Gallo, Kim Langlais and Jessica Moore,

Blue Cross Blue Shield of Vermont

4. Worksite Wellness on a Shoestring Budget

Multiple Speakers

5. Fighting Stress with Food:

Helping your employees be happy and healthy

Leslie Langevin, Whole Health Nutrition

2:35 Fitness Intermission

3:00 Concurrent Workshops

1. Boosting Employee Engagement through Mindful Practice:

Strategies for individuals and organizations

Porter Knight, Productivity Vermont

2. Fitness in the Workplace: Strategies to optimize inclusiveness

Heather Main, Main Wellness Works: Workplace Health Promotion and Personal Fitness Training

3. Creating Best Days:

Finding purpose and passion to be well and perform at our best

Ben Powers, Vital Leadership Coaching

Lori Smith, FIS Consulting

4. Safety and Wellness: Integration to reduce injury and advance worker well-being

Evelyn Sikorski, Lindsey Waterhouse,

University of Vermont Medical Center

5. Master your Stress Response and Increase Resilience

Scott Bevins, Dealer.com

4:00 Adjourn