

2018 WORKSITE WELLNESS AWARDS & CONFERENCE

*Wellness Essentials
for a Thriving Workplace*



March 21, 2018

Hotel Burlington and Conference Center
(previously the Sheraton)

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

Green up your commute!

Vanpools will be available from several different regions of Vermont! Find more information on the registration website. Every attendee that takes a vanpool or commutes to the venue by bus will enter a raffle to win a free gas card!

QUESTIONS

Ashwinee.Kulkarni@vermont.gov

WEBSITE

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

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AGENDA

7:30 Registration

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 and Poster Session

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

10:00 Keynote Address with Q&A

Sara Rauch, WELCOA

11:00 Break • Exhibits • Networking

11:15 Concurrent Workshops

1. Engaging Management and Wellness Teams in the Creation of Supportive Environments

Judd Allen, Human Resources Institute, LLC

2. Improving Productivity, Profits, and Opportunity Through an Innovative Co-Generational Workplace

Liz Vogel, Dots, Inc.

3. Advancing Your Employee Wellness Program: Strategies and tools for evaluation (part 1)

Lindsay Simpson, The Richards Group

4. Working Recovery—Supporting Vermont's Vulnerable Workforce

Multiple Speakers, Chittenden County Opioid Alliance

5. Health and Emotional Wellbeing in the Workplace: Behavior Screening and Intervention as an Effective Approach to Wellness

Steven Dickens, InvestEAP

6. Successful Program Planning: Meeting Employees at their Level of Readiness

Multiple Speakers, Blue Cross Blue Shield of Vermont

12:15 Lunch • Exhibits • Networking

1:30 Concurrent Workshops

1. Aligning People, Place and Purpose for Meaningful Wellness Interventions

Sara Rauch, WELCOA

2. Harness the Power of Play

Lizzy Pope, University of Vermont

Marguerite Dibble, Game Theory

3. Advancing Your Employee Wellness Program: Strategies and tools for evaluation (part 2)

Lindsay Simpson, The Richards Group

4. Best Practices When Launching a Continuous Incentive Wellness Challenge

Nick Patel, Wellable, Inc.

5. Physical Activity in the Workplace for Strength, Vitality and Injury Prevention

Michael Hughes, Injury & Health Management Solutions, Inc.

Seth Rebeor, Injury & Health Management Solutions, Inc.

Heather Main, Main Wellness

6. Promising Practices in Population Health

Multiple Speakers, Rise VT & Central Vermont Medical Center

2:35 Fitness Intermission

3:00 Ask the Experts Session

4:00 Adjourn