

# WORKSITE WELLNESS CONFERENCE 2017

*Wellness Without Borders*



**MARCH 23, 2017**

Sheraton Hotel & Conference Center

[CLICK TO REGISTER](#)

## REGISTRATION

Deadline to register: **March 10<sup>th</sup>**

\$ 78.00 for award winners

\$104.00 per person before March 1<sup>st</sup>

\$128.00 per person after March 1<sup>st</sup>

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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## GOLD SPONSORS



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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