

Save The Date for Worksite Wellness Summit

Please mark your calendar "Save the Date": Tuesday, September 27 (9 a.m. – 4 p.m.)

The Healthy North Dakota Worksite Wellness Initiative will be hosting the second annual Worksite Wellness Summit at the Fargo Holiday Inn

The response to last years' event was fantastic, with over 275 attendees from across the state.

We hope you'll join us this year to discover what a worksite wellness program can bring to your organization.

Featured presenters include:

Dr. Rosie Ward *Ph.D., MPH, MCHES, – Health Management Services Manager, RJF Agencies*

Rosie is a highly sought after national speaker who challenges conventional wisdom to move beyond "Band-Aid" approaches to wellness to get results. She will share with us the importance of building a company culture to support engagement and well-being by focusing on ways to measure and improve resiliency - on an organizational and individual level.

Tonya Vyhldal *M.Ed, CHPD – Wellness, Safety and Life Enhancement Director, Lincoln Industries*

Tonya will share how a plating company took well-being and made it a key company focus. While most companies focus only on the core business components in their strategy development, Lincoln Industries a company of true entrepreneurship took wellness and made it a company belief statement, core concept, and business strategy. Tonya will show how the organization's wellness program has transformed its people and its bottom line.

Sarah Warzecha *BS– Marketing Specialist/Wellness Coordinator, Cold Spring Granite*

Sarah will share her real world experience in running a highly successful wellness program at Cold Spring Granite. As part of her presentation, she will describe the program launch, explain how wellness relates back to the culture and goals of the organization, provide details on creating effective targeted programs geared towards employee interests and demographics, and how to capture meaningful metrics that can be used to set direction and make decisions..

Plus several, topic specific breakout sessions

Please share this e-mail with your co-workers, partners, or anyone you feel maybe interested in learning more about creating a successful worksite wellness program.

This conference is geared toward health professionals, wellness coordinators, CEOs, business owners, human resource professionals, benefits managers and worksite wellness champions.

Registration information will be available on or before July 25th – please check www.NDworksitewellness.org for updates.