

Next Practices in Worksite Wellness

Wednesday, April 6, 2016



Time	Event/Topic	Speaker
8:30-8:45am	Welcome!	Debra Wein, MS, RDN, LDN, CWPD CEO, Wellness Workdays
8:45 -9:45am	<i>Worksite Wellness Research Update</i>	Ziuri Song, MD, PhD, Mass General Hospital, Harvard Medical School Juliana Robinson, BJ's Wholesale Club
9:45-11:15am	<i>Benchmarks of Success: Panel of Employers</i>	Patricia Williams, HarborOne Bank Bethany Volino for Shepley Lumber Cliff Lusso, Global Beer William Skrzat, Wyndham Worldwide <i>Moderated by Debra Wein, MS, RDN, LDN, CWPD Wellness Workdays</i>
11:15–11:30am	Break	
11:30–12:30pm	<i>Data Integration to Improve Outcomes</i>	Shawn Sherman, PDHI Debra Wein, Wellness Workdays
12:30–1:30pm	Lunch	
1:30-2:30pm	<i>Innovations in Workplace Culture: How the Built Environment Affects Health</i>	Amanda Rienth, Holzman Moss Bottino Architecture Delia Nevola, Holzman Moss Bottino Architecture
2:30-3:30pm	<i>Legal Issues in Worksite Wellness</i>	David Szabo, Esq., Locke Lord
3:30-3:45pm	Break	
3:45–4:45pm	<i>Worksite Culture: Looking Back, Looking Forward</i>	Shea Coakley, LeanBox
4:45-5:00pm	<i>Q&A Wrap Up</i>	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays

* Times and speakers subject to change without notice.

* Approved for 6.5 SHRM credits.

The Business of Wellness

Thursday, April 7, 2016



Time	Event/Topic	Speaker
8:30-8:45am	Welcome!	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays
8:45 – 10:15am	<i>Perspectives on Nutrition: Planning and Promoting Your Success</i>	Jeanne Petrucci, RD, Living Plate Debra Wein, MS, RDN, LDN, CWPD Wellness Workdays Kate Thomas, MS, RD, LDN, KTRD Nutrition Consulting <i>Moderated by Ashley Abbott, MS, RD, LDN</i>
10:15-10:30am	Break	
10:30 -11:30am	<i>Strategic Selling</i>	Phil Eisenmann, Wellness Workdays
11:30-12:30pm	Lunch	
12:30-1:30pm	<i>Key Note Life Lessons from America's Oldest Citizens</i>	Dr. Karl Pillemer, Cornell University, Professor and Author, <u>30 Lessons for Living</u>
1:30-1:45pm	Break	
1:45-2:15pm	<i>Fitness Perspectives: Getting Active in Your Business</i>	Speakers TBD
2:15-3:15pm	<i>Setting Up Your Business & Protecting Yourself</i>	Joseph Fisher, Esq., Fisher Law Offices Geoff Gordon, CFP, CIC, CRM, Gordon Insurance
3:15-3:30pm	Break	
3:30- 4:30pm	<i>Building Your Business through Social Media: Tweet This</i>	Pat Riley, Triad Media
4:30-5:00pm	<i>Q&A Wrap Up</i>	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays

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