



# Worksite Wellness Conference

*Healthy employees add  
to a healthy bottom line*

## Who should attend

Employers—with worksites of any size  
Human Resource professionals  
Employees  
*Anyone interested in worksite wellness*

**March 25, 2015**

**Sheraton Hotel & Conference Center  
Burlington, Vermont**

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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

**Harry Chen, MD**

Commissioner, Vermont Department of Health

**Governor Peter Shumlin**

9:00

**Worksite Wellness Awards**

Presented by **Harry Chen, MD** and **Janet Franz**

10:00

**Keynote Address**

**Graham Lowe, PhD**

Author of *Creating Healthy Organizations*

11:00

**Fitness Intermission**

11:30

**Break**

11:35

**Best Practices Sharing by Employees**

12:30

**Lunch • Exhibits • Networking**

Healthy lunch with vegetarian options provided

*See next page for more workshops and registration information*

1:45

### Concurrent Workshops

**1. Creating Healthy Organizations**

Graham Lowe, *Graham Lowe Group*

**2. Building a Balanced Workplace: Eat to Beat Stress**

Rebecca Flewelling, *Balanced Bodies, Balanced Lives*

**3. Fitness in the Workplace: Creating and Maintaining a Culture of Movement**

Heather Hewitt Main, *Main Wellness Works, LLC*

**4. How to Become an Individual Wellness Leader**

Michael Kilfoyle, *Hickok & Boardman HR Intelligence*

**5. Creating a Healthy, Collaborative and Innovative Culture**

Shelly Masson, *Birch Tree Leadership*

[Click for session details](#)

2:45

### Fitness Intermission

3:00

### Concurrent Workshops

**1. Is depression becoming the common cold of the workplace?**

**How EAPs are Positioned to Help You Take Action**

Evelyn Sikorski, *University of Vermont Medical Center*, Connie Gavin, *Invest EAP*

**2. It's All Interconnected: Exploring the Relationships**

**Stress, Sleep and Work Productivity**

Teresa Stewart, *Stewart Family Solutions*

**3. Green Thumbs at Work: Employee Gardens**

Jess Hyman, *Vermont Community Garden Network*, Charlie Nardozzi,  
"Green Thumbs at Work" grant participants

**4. Unleashing the Power of Positive Change: Using Goal Setting and Goals Groups**

Lori Smith, *Hickok & Boardman HR Intelligence*, Jennifer Stone, *Goals Groups International*

**5. Coaching for Success: Transitioning from Workplaces to Well Places**

Tracy Gallo, *Blue Cross and Blue Shield of Vermont*, Craig Stevens, *University of Vermont Medical Center*,  
Jessica Moore, *State of Vermont*

4:00

### Adjourn

#### Registration fees

\$ 78.00 for award applicant

\$104.00 per person

\$128.00 per person after March 1, 2015

No walk in registration will be permitted.

#### Questions

802-859-5916

#### Website

[healthvermont.gov/family/fit/worksitewellness.aspx](http://healthvermont.gov/family/fit/worksitewellness.aspx)

**Deadline to register: March 11, 2015**

**Register online:**

[Click to register](#)