

# 2018 WORKSITE WELLNESS AWARDS & CONFERENCE

*Wellness Essentials  
for a Thriving Workplace*



**March 21, 2018**

DoubleTree by Hilton  
870 Williston Road, Burlington VT  
(previously the Sheraton)

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>

### 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](mailto:Ashwinee.Kulkarni@vermont.gov)

## WEBSITE

[healthvermont.gov/wellness/  
physical-activity-nutrition/  
2018-worksite-wellness-conference](http://healthvermont.gov/wellness/physical-activity-nutrition/2018-worksite-wellness-conference)

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## SPONSORS



## 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

