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)

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
   Lissy 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 Rebec, Injury & Health Management Solutions, Inc.
   Heather Main, Main Wellness
   Multiple Speakers, Rise VT & Central Vermont Medical Center

2:35 Fitness Intermission

3:00 Ask the Experts Session
4:00 Adjourn

REGISTRATION
Deadline to register: March 10th
$78.00 for award winners
$104.00 per person before March 1st
$128.00 per person after March 1st

QUESTIONS
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WEBSITE
healthvermont.gov/wellness/
physical-activity-nutrition/
2018-worksite-wellness-conference

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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!

CLICK TO REGISTER