

Who should attend this Workshop?

- 1 Small business owners
- 1 Human Resource Personnel
- 1 Worksite Wellness Teams

Workshop Objectives

Increase healthy lifestyles in the community by giving local businesses the information and tools they need to promote healthy choices at work.

- 1 To understand how healthy employees contribute to a healthy bottom line
- 1 To utilize tools and techniques to enhance worksite wellness initiatives in your business



AGENDA

8:00 - 8:15 Registration and light breakfast

8:15 **Welcome - Darcie McCann, Executive Director, Northeast Kingdom Chamber of Commerce**

8:30 - 9:15

The Art of Planning and Collaboration - A Successful Strategy for Wellness

Lori Smith, Health Management & Wellness Consultant; Michael Kilfoyle, Director of Marketing and Operations, Hickok & Boardman Group Benefits

9:15 - 10:00

The Role of Workers' Compensation in Employee Health

Keith Kasper, Attorney; McCormick, Fitzpatrick, Kasper, and Burchard

Break

10:15 - 11:15

Creating a Healthier Work Environment - tools to help you assess your strengths and weaknesses and plan next steps

Catherine Cusack, Prevention Specialist, Vermont Department of Health

11:30 - 12:30 **Panel Discussion**

Local Businesses Share their Experiences

- Weidmann Technologies, Inc
- Lyndon State College
- Northern Gas
- NSA Industries

12:30 **Lunch and Adjourn**

Register for this FREE

Worksite Wellness Workshop

Please print

name

organization

address

city, state, zip

phone

email

Registration required by

February 12, 2010 to

Laural Ruggles c/o NVRH

PO Box 905

St. Johnsbury, VT 05819

FAX 802-748-7398

or register online at

www.nvrh.org

For more information contact:

Laural Ruggles

802-748-7590

l.ruggles@nvrh.org

About the Presenters:

Lori Smith, Health Management and Wellness Consultant, Hickok & Boardman Group Benefits. Lori joined Hickok & Boardman Group Benefits in 2008. Lori helps clients improve coordination of their health management and wellness initiatives with their overall benefit strategy, resulting in a more fully integrated approach in the areas of plan design, communication and measurement success. Prior to joining HBGB, Lori served as Corporate Liaison for Community Health Improvement at Fletcher Allen Health Care. She has been advising companies on wellness and health management for fifteen years and has worked in the healthcare industry in various roles since 1985.

Michael Kilfoyle, Director of Marketing and Operations, Hickok & Boardman Group Benefits. Michael serves as an employee benefit consultant to mid and large sized employers. Michael is a frequent speaker on employee benefit topics throughout Vermont and New Hampshire. Michael received a Registered Health Underwriter degree from the American College and received a BA in History, Summa Cum Laude from Plymouth State University where he also received an MBA and now serves as Adjunct Professor.

About the Presenters:

Keith Kasper, Attorney, McCormick, Fitzpatrick, Kasper & Burchard. Keith is one of Vermont's leading workers' compensation lawyers. His expertise has been acknowledged by inclusion in *The Best Lawyers in America*. He lectures frequently not only in Vermont, but nationally, as well. He authors a quarterly update on Vermont workers' compensation law.

Catherine Cusack, Prevention Specialist, Vermont Department of Health. Before settling in Vermont, Catherine lived and worked in northwestern Montana. Her work there included HIV and Hepatitis C prevention through the University of Montana. Catherine began working for the Vermont Department of Health in 2006 with the primary responsibility of supporting substance abuse prevention efforts in the Northeast Kingdom. Most recently, Catherine's work has focused on policy and environmental change related to obesity prevention.

Worksite Wellness Workshop



Friday, February 19, 2010
NVRH
Business Center 126/127
8:00 a.m. – 1:00 p.m.

A **FREE** workshop sponsored by
Northeastern Vermont Regional Hospital
Northeast Kingdom Chamber of Commerce
Vermont Department of Health
Fit and Healthy Coalition

Funded by

VERMONT
Blueprint for Health
Smart choices. Powerful tools.