



Register Now!

Worksite Health Resolutions 2010

Tuesday, January 12, 2010 • 9 a.m. to 2:30 p.m.

University of Massachusetts Dartmouth, Woodlands Commons

(Snow date January 14 — check www.southcoastworksitehealth.com for information)

OBJECTIVES:

- Acquire the basic knowledge on how to build a culture of wellness.
- Understand the economics of a wellness program, the ROI and financial incentives.
- Gain a better understanding of the connection between occupational health/safety and wellness
- How to identify and access local, low cost or no-cost resources.

WHO SHOULD ATTEND:

- CEOs & COOs
- Company presidents
- Small business owners
- HR managers
- Benefit coordinators
- Senior managers
- Union leaders
- Safety officers
- Occupational health nurses
- Wellness champions/ coordinators
- Municipal department heads

AGENDA:

Registration

Opening Remarks: John Auerbach
Commissioner, Department of Public Health

Keynote Speaker: Kathryn Brooks
Vice President of Human Resources and Organizational Development, Green Mountain Roasters Inc.

Stretch Break/Alan Morton, Arts to Wellness

Panel discussion

Showcasing the application of wellness programs including leadership support and cultural changes. *Acushnet Company, Lightolier, Family Service Association, Sylvia Group of Insurance Agencies*

Lunch Catered by Sodexo of UMass Dartmouth

Lunch and learn sessions with panel members.
Learn about area resources.

Vendor Tables

Diabetes Association Inc., American Heart Association, YMCA Southcoast, Southcoast Hospitals, American Cancer Society, BCC Massage Program, Partnership for Healthcare Excellence, Mass in Motion, Arts to Wellness

Breakout sessions

- **Assessment:** DPH Representative to discuss the DPH Worksite Wellness Toolkit
- **Resources:** Fall River/New Bedford
- **Health and Safety:** Ergonomics session

9 – 9:30 a.m.

9:30 – 9:45 a.m.

9:45 – 10:30 a.m.

10:30 – 11 a.m.

11 – 12:15 p.m.

12:15 – 1:30 p.m.

1:30 – 2:30 p.m.

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Southcoast Worksite Health & Wellness Collaborative

www.southcoastworksitehealth.com



Register Now!

**Please fill out registration form
and mail with payment to:**

Janet Hathaway
Occupational Health
Southcoast Hospitals
363 Highland Ave.
Fall River, MA 02720

email: hathawayj@southcoast.org

Name: _____

Company Name: _____

Address: _____

Phone: _____ email address: _____

**My check, payable to Southcoast Worksite Health &
Wellness Collaborative, is enclosed.**

Early Registration: \$25.00 *(before December 7, 2009)*

Late Registration: \$35.00 *(by December 14, 2009)*

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