

Franklin County Worksite Wellness Network

2013 WORKSHOP

AGENDA

- 8:00-8:30** **Registration**
- 8:30-8:40** **Welcome**
- 8:40-9:30** **Teaching Old Dogs New Tricks: Creating a Culture of Wellness in a Culture of “Please Keep Things the Way They Have Always Been”**
Lynn McNabb, Director of Human Resources of City of Whitehall
- 9:30-9:45** **Physical Activity Break**
Laurel Hodory, M.S., Living Yoga with Laurel
- 9:45-10:30** **Maintaining Employee Interest**
Kari DuBro, MS, RD, LD; Employee Wellness Program Manager of Nationwide Children’s Hospital
- 10:30-11:30** **Icebreaker**
- 11:30-12:15** **Finding the Latest Worksite Wellness Trends**
Tara Howard, MHA; Total Rewards Manager of Mount Carmel Health System
- 12:15-1:00** **Lunch**
- 1:00-1:45** **Expanding Worksite Wellness to Families**
Laura Atkinson, President and CEO of Total Wellness Concepts, LLC
- 1:45-2:00** **Break**
- 2:00-2:45** **Small, Medium, and Large Business Panel**
- Small - Digital Data Technologies, Inc.**
Jeannine Julian, Administrative Manager, and John Browning, Project Manager
- Medium - Goodwill Columbus**
Boo (Elizabeth) Krucky, Health & Wellness Activities Coordinator
- Large - Worthington Industries Medical & Wellness Center**
Dave Cowden, Practice Administrator
- 2:45-3:00** **Wrap up and Evaluation**

