

'07

**NEW!**  
Opening presentation Monday evening with networking reception and expanded exhibit showcase.

# Healthy Worksite Summit

October 15 - 16, 2007

## Motivating and Sustaining a Healthy and Productive Work Environment

- Explore the future of health care and health promotion.
- Learn new ways to build a culture of health.
- Discover how to design a comprehensive wellness program.
- Investigate tools, ideas and programs that work to motivate and engage employees.
- Discuss trends in health benefit plan design.
- Learn about grant funding opportunities for your wellness program.
- And much more!

For more information:  
[www.awcnet.org/worksitesummit](http://www.awcnet.org/worksitesummit)



## The Golden Apple Award

*Recognizing excellence in worksite wellness!*

Any worksite in Washington may apply. Applications due by September 1, 2007. For an application or more information, visit the summit website at [www.awcnet.org/worksitesummit](http://www.awcnet.org/worksitesummit).

'07

# Healthy Worksite Summit 2007 Sponsors... Thank you!

At the Diamond Level



At the Gold Level



At the Silver Level



At the Bronze Level

Washington Counties Insurance Fund  
AWC Workers' Comp Retro Program

At the Media Sponsor Level

Association of Washington Business

Association of Washington Cities  
1076 Franklin Street S.E.  
Olympia, WA 98501-1346

# Healthy Worksite Summit

## Motivating & Sustaining A Healthy & Productive Work Environment



October 15-16, 2007  
Meydenbauer Center  
Bellevue, Washington

# Featured Speakers

## Robert Sweetgall President, Creative Walking Incorporated



**Opening Presentation**  
*Trekking Across America – Tips and Tools from the Real Life Forrest Gump*

**Closing Keynote**  
*Motivating the Masses... Bridging the Gap Between Our Physical Activity Research and the Great American Lounge Lizard*

Robert Sweetgall, often called the real Forrest Gump, is America's leading advocate of walking for wellness. He has walked across America 7 times and is the only person to have walked through all 50 states in 365 straight days. Author of 17 books on walking, wellness and active living, Robert has appeared on hundreds of radio/TV talk shows and presented over 5,000 presentations to over one million people worldwide. In his former life, Robert was an overweight Brooklyn boy, academic nerd and Dupont chemical engineer. Motivated by a family history of heart disease he took his health message on the road – literally – walking the talk across America to speak to Americans about the benefits of active living.

## Steven Aldana, PhD President, Lifestyle Research Group

**Morning Keynote**  
*10-20 Extra Years of Life: The Choice is Yours*



Dr. Aldana is determined to educate people about the tremendous impact lifestyle has on disease and is devoted to helping individuals adopt and maintain healthy lifestyles. He is a professor of lifestyle medicine at Brigham Young University and founded the Lifestyle Research Group. This organization specializes in evaluation and development of programs that improve health by reducing health risks and provides technical advice and health promotion guidance to many of the nation's largest corporations. He has published over 60 scientific articles on the prevention, arrest and reversal of America's most common chronic diseases and written 7 books on the ability of healthy lifestyle habits to prevent disease.

# Agenda

## Monday

7:00 PM

## October 15, 2007

Exhibit Showcase & Networking Reception

**NEW!**

7:30 PM

Opening Presentation:  
*Trekking Across America – Tips and Tools from the Real Life Forrest Gump* — Robert Sweetgall

8:30 PM

Exhibits & Networking

9:00 PM

Adjourn

## Tuesday

7:15 AM

## October 16, 2007

Registration/Continental Breakfast  
Exhibits Open

8:00 AM

Welcome  
Morning Keynote:  
*10-20 Years of Extra Life: The Choice is Yours* — Steven Aldana, PhD

9:15 AM

Concurrent Sessions

- *Trends in Health Plans and the Future of Health Savings Accounts* — Celeste DaVault, RHU
- *Do You Spell That Gray or Grey? Planning for the Next Decade* — Thomas Maschhoff
- *Creating and Using Incentive Campaigns to Your Program's Advantage* — Kris Haugen, MPH
- *Revamp, Revise, Rejuvenate Your 2008 Wellness Plan- New Tools, Fresh Ideas and a 12 Month Plan* — Jennifer Spence, MSM and Dori Babcock, MS

10:30 AM

Exhibit Break

11:00 AM

Concurrent Sessions

- *Healthy Employees: Healthy Bottom Line* — Steven Aldana, PhD
- *Getting Well: Legal Considerations for Wellness Programs* — Jason Froggatt
- *Building a Culture of Health* — Marilyn Guthrie
- *Creating a Healthy Workspace with Office Ergonomics* — Bob Meyer

12:15 PM

Lunch  
Golden Apple Award & Grant Opportunities

1:15 PM

Concurrent Sessions

- *Creating Resilient Employees in a Thriving Environment* — Kris Haugen, MPH
- *Healthy Incentives<sup>SM</sup> Program Update* — Pamela Mitchell, MPH and Caroline Hughes, MPH
- *Technology of Engagement: How to Motivate and Sustain Healthy Behaviors* — Kevin Overbey
- *Navigating our Nutrition Culture: Real Tools for Real Life* — Linda Mendoza, RD, CD, and Donna Oberg, MPH, RD, CD

2:45 PM

Stretch Break with Robert Sweetgall

3:00 PM

Closing Keynote:  
*Motivating the Masses...Bridging the Gap Between Our Physical Activity Research and the Great American Lounge Lizard* — Robert Sweetgall

3:45 PM

Adjourn

# Registration Information

Register on-line at [www.awcnet.org/worksitesummit](http://www.awcnet.org/worksitesummit) after August 1, 2007.

## Save \$20 with Early Registration

Registration for the 2007 Healthy Worksite Summit is just \$109 when you register on or before September 27, 2007. Registration after September 27, 2007 is \$129.

## Location

The Meydenbauer Center is located at 11100 N.E. 6th St. in downtown Bellevue. For driving directions, call 425-637-1020 or visit [www.meydenbauer.com/attend/directions\\_parking.html](http://www.meydenbauer.com/attend/directions_parking.html). Parking is available for \$12 for 6 - 8 hours and \$14 for 8 -12 hours. Evening parking is \$6 for 1-2 hours and \$7 for 2-3 hours.

## Accommodations

Rooms are available at two nearby hotels, the Red Lion Bellevue at \$115 per night and the Sheraton Bellevue Hotel at \$169 per night. Reservations must be made by September 27 when you register for the Summit. Free hotel shuttle service is available to and from the Meydenbauer Center. For airport transportation contact Shuttle Express at 800-487-7433.

## Special Needs

The Healthy Worksite Summit partners strive to provide accessible educational opportunities for individuals with disabilities. Please contact Julie McDowell at AWC, 360-753-4137, at least seven business days prior to the Summit if any disability accommodations are needed. For TDD users, please use the state's toll-free relay service, 800-833-6388, and ask the operator to dial the AWC number.

## Cancellations

Cancellation requests must be submitted by e-mail to Eunice Gonzalez at [euniceg@awcnet.org](mailto:euniceg@awcnet.org) by October 8, 2007 or payment in full is expected. A \$20 cancellation fee will be charged. No refunds will be given after October 8, 2007.

## Sponsors & Exhibitors

If you are interested in sponsoring or exhibiting visit the Summit website for more information at [www.awcnet.org/worksitesummit](http://www.awcnet.org/worksitesummit).

## Questions?

For more information on the Healthy Worksite Summit contact Linda Mendoza at [mendoza@eatsmart.org](mailto:mendoza@eatsmart.org) or 425-744-1616 or Perri Bernard at [perrilb@aol.com](mailto:perrilb@aol.com) or 425-641-5319. For registration or cancellation questions contact Eunice Gonzalez at [euniceg@awcnet.org](mailto:euniceg@awcnet.org) or 360-753-4137.

[www.awcnet.org/worksitesummit](http://www.awcnet.org/worksitesummit)