

'08

Healthy Worksite Summit

Motivating & Sustaining A Healthy & Productive Work Environment

October 1 - 2, 2008
Meydenbauer Center
Bellevue, Washington

October 3, 2008
Deaconess Health & Education Center
Spokane, Washington

Presented by



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Association of Washington Cities
1076 Franklin Street S.E.
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Healthy Worksite Summit

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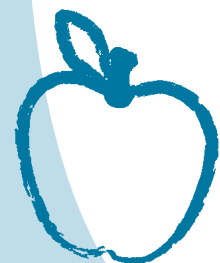
Healthy Worksite Summit

October 1 -2, 2008 in Bellevue
October 3, 2008 in Spokane

Motivating and Sustaining a Healthy and Productive Work Environment

- Designing a Comprehensive Wellness Program
- Benefit Plan Design and Human Capital Performance
- Reducing Injuries and Increasing Productivity
- Tools and Programs That Work
- Motivating and Engaging Healthy Employees
- And much, more!

For more information:
www.awcnet.org/worksitesummit



The Golden Apple Award

Recognizing excellence in worksite wellness

Any worksite in Washington may apply. Applications due by September 1, 2008. For an application or more information, visit the summit website at www.awcnet.org/worksitesummit.

Bellevue Conference

Featured Speakers

Kenya Masala

Source Consulting Group

Opening Keynote – October 1

GroovElixer™ – Drumming Up Wellness



Bang a drum and feel better! Drumming may not be a “cure all” but it does enhance the immune system, definitely lifts spirits and can lead to one’s wellness practices in powerful ways. Join us for a compelling and interactive keynote where everyone gets a drum...everyone? Yes, everyone! Through specialized facilitation, participants in this program will directly experience the health benefits of rhythm and the power of working together.

Kenya is a REMO endorsed recreational rhythm

facilitator who recently published his first book, “Rhythm Play” and is a dose of core invigoration for organizations and communities.

Dawn Nakamura Kessler

Closing Keynote - October 2

Heart Healthy Living



Dawn’s message goes beyond words as she provides a role model for heart healthy living. She will share how her lack of knowledge of heart disease almost killed her when she was 26 years old.

She has had numerous heart surgeries and recently suffered a cardiac arrest. Her presentation will focus on “What you don’t know can kill you”, “Where to find information that can save your life”, “Why you need to be proactive with your healthcare” and the importance of exercise. Dawn has been featured

in numerous magazine and television articles and was the first National American Heart Association Heart Walk spokeswoman.

Neil R. Sullivan, MPH

Director, Human Capital Consulting, HCMS, Inc.

Morning Keynote - October 2

Aligning Incentives, Information and Choice:

The Key to Optimal Human Capital Performance



What if – by trying to convince employees to change health habits in hopes of improving business outcomes – we’ve gotten it backwards? What if there are strategies to improve human capital performance that also happen to encourage better health? Neil’s presentation will outline the importance of aligned incentives as the most important factor in facilitating improved work performance and health. Employers must establish policies and practices that remove barriers and will facilitate employee health and wellness behavior changes. Neil is a leader in worksite health promotion and is speaking today as a lecturer from the Health as Human Capital Foundation, a not-for-profit education arm of the HCMS Group.

Agenda: Thursday – October 2, 2008

- 7:45 AM Registration/Continental Breakfast
Exhibits Open
- 8:30 AM Welcome/ Golden Apple Award
- 9:00 AM Morning Keynote
Aligning Incentives, Information and Choice: The Key to Optimal Human Capital Performance — Neil Sullivan, MPH
- 10:00 AM Concurrent Sessions
- *Employer-Sponsored Wellness Programs: What’s Legal, What’s Not* — Melanie Curtice
 - *Top Ten Strategies for Maximizing Your Wellness Program’s Economic Return and ROI* — Larry Chapman, MPH
 - *Managing Sleep to Improve Worksite Performance* — Dr. Greg Belenky
 - *The Impact of Best Practice Programs on Engagement and Health Risk Reduction* — Wayne Halsa and Michael Stauffer
- 11:00 AM Exhibit Break
- 11:30 AM Concurrent Sessions
- *Energize Your Meetings!* — Amy Ellings
 - *The Economic Benefit of a Healthy Population* — Ken Golding
 - *Let’s Get Wired* — Sarah Gierke
 - *Ergonomic Solutions for Combating Irritable Desk Syndrome* — Jeannette Murphy, OTR/L, CEA
- 12:30 PM Lunch
Grant Opportunities & Activity Break
- 1:45 PM Concurrent Sessions
- *Best Practices in Tobacco Cessation: WaMu’s Integrated Approach* — Pam Mitchell
 - *Strategic Wellness: Tailoring Your Program to the Specifics of Your Workforce* — Kevin Cipoletti
 - *Sustaining Programs Beyond Year Three: Group Idea Sharing* — Kris Haugen MPH
 - *Practical Approaches to Reducing the Cost of Overuse Injuries* — Dr. Steve Sorsby, MD, MHA
- 2:45 PM Break
- 3:00 PM Closing Keynote
Heart Healthy Living — Dawn Nakamura Kessler
- 3:45 PM Wrap Up/Adjourn

Spokane Conference

Featured Speaker

Larry Chapman, MPH

Senior Vice President, WebMD Health Services

Opening Keynote – October 3

It’s Time to Bring Wellness to Your Worksite



Larry will present a summary of the economic return and ROI evidence for worksite wellness and the emerging strategic importance of Wellness for all work organizations. A simple six step process for designing a worksite wellness program will be presented along with very practical strategies for bringing Wellness to your worksite. Larry is an internationally recognized expert and speaker on innovative health management interventions and has spent more than 25 years improving the health of employees and their families.

Agenda: Friday – October 3, 2008

- 8:30 AM Registration/Continental Breakfast
Exhibits Open
- 9:30 AM Welcome
- 9:45 AM Opening Keynote
It’s Time to Bring Wellness to Your Worksite — Larry Chapman, MPH
- 10:45 AM Break
- 11:00 AM *Managing Sleep to Improve Worksite Performance* — Dr. Greg Belenky
- 12:00 NOON Lunch/Golden Apple Award
Activity Break — Dori Babcock
- 1:00 PM *{Re}New, {Re}Vise, & {Re}Fresh Your Wellness Program With A 12-Month Plan* — Jennifer Spence, MSM
- 2:00 PM Break
- 2:15 PM *Employer-Sponsored Wellness Programs: What’s Legal, What’s Not* — Mark Patrick and Dan Danforth
- 3:15 PM Closing Remarks
- 3:30 PM Adjourn

Registration Fees

Bellevue

- October 1 Pre-Conference - \$35 / \$45 after September 15
- October 1 -2 General Conference - \$109 / \$129 after September 15

Spokane

- October 3 - \$80 / \$100 after September 15

Registration Information

Save \$20 with Early Registration

Registration for the 2008 Healthy Worksite Summit in Bellevue is just \$109 for the General Conference October 1-2 when you register on or before September 15, 2008. Registration after September 15, 2008 is \$129. The October 1st Pre-Conference workshops will be \$35 for the 3 hour workshop- \$45 after September 15.

In Spokane, the one day conference on October 3, 2008 will be \$80 when you register on or before September 15, 2008. Registration after September 15, 2008 will be \$100.

How to Register

Register on-line at www.awcnet.org/worksitesummit after August 1, 2008.

Location

Bellevue Conference: 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. Parking is available for \$11 for 4-6 hours, \$12 for 6-8 hours and \$14 for 8-12 hours. Evening parking is \$7 for 1-2 hours and \$8 for 2-3 hours.

Spokane Conference: Deaconess Health and Education Center is located at W. 910 5th Avenue in Spokane. For driving directions, call 509-473-7150 or visit www.deaconess-spokane.org. Parking is available and can be validated at the front reception desk.

Accommodations

Bellevue Conference: Rooms are available at the Red Lion Bellevue for \$125 per night and the Sheraton Bellevue Hotel for \$179 per night. Reservations must be made when you register for the Summit (see How to Register above). Free hotel shuttle service is available to and from the Meydenbauer Center. For airport transportation contact Shuttle Express at 800-487-7433.

Spokane Conference: Rooms are available at the Hotel Lusso for \$119 per night and the Ramada Limited for \$84.90 for double queens and \$79.90 for single kings. Reservations must be made when you register for the Summit.

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, 1-800-833-6388, 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. Cancellations made on or before Wednesday, September 24, 2008 will be charged a \$10 cancellation fee. Full payment is expected for cancellations made after September 24, 2008.

Sponsors & Exhibitors

If you are interested in sponsoring or exhibiting visit the Summit website for more information at www.awcnet.org/worksitesummit.

Questions?

For more information on the Healthy Worksite Summit contact Linda Mendoza at mendoza@eatmart.org or 425-744-1616 or Perri Bernard at perrilb@aol.com or 425-641-5319. For registration or cancellation questions contact Eunice Gonzalez at euniceg@awcnet.org or 360-292-4391.

For More Information

www.awcnet.org/worksitesummit