



Sponsored by the Baltimore Chapter of the International Society of Certified Employee Benefit Specialists (ISCEBS), a non-profit organization that serves as an educational resource for certified employee benefit specialists and others in the employee benefits community.

- **Is Your Preventative Health Program Asking the Right Questions to Identify Emotional Health Risk?**
- **Have You Expanded Your Wellness Offerings Beyond the Four Walls of the Workplace?**
 - **Are You Effectively Integrating All Benefits?**

Qualifies for two (2) CEBS CPE Credits

Emotional health is as important to a person's overall well-being as is physical health, although the symptoms may not be as obvious or as comfortable to discuss.

Mental Health By the Numbers:

- One in five adults experiences a mental health condition every year
- Serious mental illness costs America \$193.2 billion in lost earnings per year
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions

Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.

Join this interactive session to learn about the prevalence and effects of emotional health disorders, what we've seen as an organization, and how you can support efforts that increase awareness and support emotional health. Interactive Health understands the mind-body connection and is committed to each employee's total well-being. We continually bring the latest, most successful health management programs to our clients and partners.

DATE: Thursday, March 15, 2018

TIME: 8:30 – Registration & Breakfast
8:50 – 10:30 am – Program (100 minutes)

LOCATION: PSA
The Susquehanna Room, 5th Floor
11311 McCormick Road
Hunt Valley, MD 21031

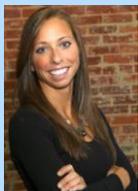
COST: \$35 – Baltimore Chapter Members
\$45 – Non-Members
\$45 – Walk-Ins

REGISTRATION: Please [click here](#) to register and pay via PayPal. (Instructions for mailing a check are included on the registration page.)

RSVP: By Tuesday, March 13, 2018

QUESTIONS: Carole Maggio, (410) 254-9595
cmaggio@dsibenefitfund.org

SPEAKER:



MaryEllen Elie
Regional Market Lead (MD, DC, VA)
Interactive Health Inc.

MaryEllen is passionate about consulting with businesses who believe employee health and wellness is a serious business strategy. Promoted into a business development role with Interactive Health after 7 years of on-site management of corporate wellness programs for John Hopkins Hospital / Health System. MaryEllen is certified by the American Council on Exercise as a Behavior Change Specialist, Personal Trainer, Fitness Nutrition Specialist, and Group Aerobics Instructor. She lives the mission and values the opportunity to improve the lives of employees each day.

[Register Now](#)



This program qualifies for two (2) CEBS continuing professional education (CPE) credits. Visit www.cebscpe.org for more information.