



What's New in Effective Wellness Programs

Ask most employers what *worksite wellness* means to them and most of the answers contain the following: onsite screenings, walking programs, biggest loser type programs, flu shots, healthy eating policies, tobacco use policies, on-site gyms, etc. While these programs were (and some continue to be) mainstays and important pieces of worksite wellness programming in the past, recently there has been an encouraging evolution that is starting to interest and attract employers. Employers are realizing they need to do more to truly have an impact on employee wellbeing.

This presentation will dive into and explore different opportunities that employers have to impact the overall well-being of their employees and share ideas on how to implement these within your workforce.

Learning objectives:

1. Define worksite wellness/population health management
2. Identify changes in the industry over the past 5-10 years
3. Establish actionable items that you can implement to have a positive impact on employee well-being.

Date:

Thursday, March 15, 2018

Time:

11:30 am - 12:00 noon - Registration & Lunch
12:00 noon - 1:00 pm - Presentation

Location:

Maggiano's Little Italy
4400 Ashford Dunwoody Road NE
Dunwoody, GA
(770) 804-3313

Cost:

\$25 Chapter Members
\$20 Students
\$40 Non-members

Registration:

Please [click here](#) to register.

Please feel free to share this email with your colleagues.

We look forward to seeing you!

SPEAKER:

Mary Pozatek
Manager
Wellness Consulting

Mary leads the Northwestern Benefit Corporation's Corporate Wellness initiatives, where she is responsible for developing, implementing and maintaining worksite wellness programming for each of her clients. She is a Certified Worksite Wellness Consultant and has achieved Faculty status from WELCOA (Wellness Council of America.)

In her current role, Mary has been able to not only assist clients build programming that has created measureable results, with many earning Atlanta's Healthiest Employer awards and the American Heart Association Fit Friendly Company designation but has also been a part of the internal wellness program at Northwestern Benefit Corporation. This program has created a culture of wellness around the office that has grown year after year and has shown improvements in biometric data and participation rates in the high 80%^s. Mary has a passion for wellness and improving the health of employer populations and believes that every company should begin the journey to invest in the health and well-being of their employees no matter where they are at the current time.

Undergraduate Degree: State University of New York At Cortland
Graduate Degree: University of Florida



Education sessions at this program qualify for one (1) CEBS continuing professional education (CPE) credits. Visit www.cebscpe.org for more information.