

A HOLISTIC APPROACH TO WORKSITE WELLNESS



GET WELL!

Thursday, June 28, 2012 | 9:00 - 4:30
Montgomery County Health Department
3060 Mobile Hwy., Montgomery, AL 36108

For Additional Information Contact:
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(334) 206-2688 or Jabari.sullen@adph.state.al.us

THIS PROGRAM WILL:

- Clearly define Worksite Wellness.
- Provide the steps to build a good foundation for a successful wellness program.
- List examples of successful wellness programs in different worksite settings.
- Discuss best practices and challenges to help strengthen your wellness program.
- Identify the benefits of a tobacco-free workplace.

Continuing Education Credits have been requested for nurses, social workers, and dietitians. The number of hours are pending approval.

The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

PROGRAM TOPICS

- Promoting Wellness Through Physical Activity
- The ABC's of Developing a Worksite Wellness Program
- SEIB Promotion of Wellness in State Agencies
- Alabama Blue Cross Blue Shield's Approach to Wellness and Healthcare Coverage
- Pharmacy Perspective on Worksite Wellness
- The Benefits of a Tobacco-Free Workplace
- Best Programs, Best Practices, and Challenges to Worksite Wellness



PLEASE RSVP BY JUNE 19, 2012 FAX REGISTRATION FORM TO (334) 206-0311

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Lunch will be provided by HoneyBaked Ham®. Boxed sandwich lunches may be purchased for \$9.50 (tax included).

HoneyBaked Ham Roasted Turkey Veggie Delight* Assorted Soft Drinks Bottled Water
* Lower Sodium Option