



JOIN US FOR THIS TIMELY PRESENTATION AND OPPORTUNITY TO NETWORK WITH VHRA COLLEAGUES

DATE: Wednesday, December 12, 2012
TIME: 7:30 a.m.-8:00 a.m. Registration
8:00 a.m.-10:30 a.m. Presentation
PLACE: Sheraton Hotel & Conference Center (Exit 14W, I-89)
870 Williston Road, South Burlington, VT

WORKPLACE WELLNESS... WHY DO IT AND HOW YOU CAN MAKE AN IMPACT **Presenters: Lori Smith, Stuart Offer, Morella Devost, and Heather Main**

We've all heard that wellness programs work and we should have them. At the same time, some have wondered how to make wellness programs "stick" or just how to get started in a way that can actually make a difference. Join us for an insightful and fun program to help you navigate these tricky waters.

During this program, we'll learn how to quantify the business impact of wellness programs and how to create an environment where your employees (and YOU) can thrive. Specific focus areas will be: the Power of a Good Night's Sleep, Nutrition, and Fitness in the Workplace. Take a few minutes to come hear what our experts are saying; your employees and you will be glad that you did.

About Our Presenters:

Morella Devost, M.Ed., MA is a holistic nutritionist, counselor and hypnotherapist working with individuals and groups in private and corporate settings. She has helped her clients manage cholesterol, reverse diabetes, overcome hormone issues, weight issues, etc. through enjoying delicious foods and creating more joy in their lives. Morella has led countless workshops on nutrition, health and wellbeing since the mid 1990s.

Heather Hewitt Main, M.Ed., owner of Main Wellness Works, has worked in public health education and fitness in Vermont since 1989. Main Wellness Works brings wellness programs into the workplace, and Heather is Personal Fitness Trainer working with clients in her private studio and in the workplace. www.mainwellness.com

Stuart Offer, M.S., D.C., EdCert., C.S.C.S., C.L.C., Wellness Coach and Educator, Hickok and Boardman Group Benefits, Stuart's passion is designing and presenting cutting edge and innovative wellness programs. With his background as an educator, a Chiropractic Physician, a Certified Strength and Conditioning Specialist, as well as being a Certified Weight Management and Stress Management Counselor, he brings a unique and "whole person" perspective allowing him to deliver an integrated and practical approach to the subjects of wellness.

Lori A. Smith, Wellness Director, Hickok and Boardman Group Benefits - Lori joined Hickok & Boardman Group Benefits in 2008 as their Health Management and Wellness Consultant. She has been advising companies on wellness and health management initiatives for eighteen years and has worked in the health care industry in various roles since 1985.

***This program has been approved for 2.5 (General) credit hours toward
PHR, SPHR and GPHR recertification through the HR Certification Institute.***

The registration fee is \$15 for *current* 2012 VHRA, GRAPE, RVHRA, and PHRMA members and \$25 for non-members. Mail registration form with payment to Vermont Human Resource Association, c/o Champlain College, P.O. Box 670, Burlington, VT 05402-0670 ...**or**... E-mail VHRA@Champlain.edu. Please include <VHRA Registration for December 12, 2012> on the subject line. Firm registration deadline: Friday, December 7, 2012.

☐ **Yes, I will attend the Networking Breakfast on December 12, 2012.**

☐ Payment enclosed ☐ Payment in process ☐ VHRA Plus Member

NOTE: Please call if you will be unable to attend. No shows will be billed.

Name _____ [☐] PHR [☐] SPHR [☐] GPHR

Company/Organization _____

E-mail _____ Phone _____