

Working Well Conference

4th Annual

Worksite Wellness Best Practices for employers, health plans, providers and government.

For years, our health care system has focused on expensive treatment of health problems, rather than on preventing illness and disease. Promoting healthy behaviors and focusing on prevention of such chronic diseases as diabetes, heart disease, stroke, obesity and cancer through better lifestyle choices can make significant differences to our health.

The Health & Wellness Coalition of Wichita and community sponsors are pleased to bring you ideas to help promote positive lifestyle choices in the workplace - increasing awareness of the benefits of healthy food choices, physical activity and eliminating tobacco use. The "Working Well Conference" will help promote healthy behaviors in the workplace and everyday living so your employees can *take charge of their health!*

Tuesday, August 26, 2008, 8 a.m. - 4 p.m.
Airport Hilton, 2098 S. Airport Rd. - Wichita, KS

Register by Wednesday, August 15, 2008 - Cost is \$75 per person

The Working Well Conference will focus on providing area employers information about:

- The economic benefits and "return on investment" for worksite wellness programs
- Employee morale and retention benefits of worksite wellness programs
- Components of worksite wellness programs
- Worksite policies (e.g., tobacco-related issues and policies for clean indoor air)
- Examples of successful programs
- HIPAA Compliance

Featured Speakers

Roderick L. Bremby

Roderick L. Bremby serves as Secretary of the Kansas Department of Health and Environment (KDHE). His background includes extensive work on community health issues and 17 years in municipal management. In his role as Secretary of KDHE, Bremby oversees the regulation of health and environmental entities in Kansas including child care centers, food service businesses, hospitals, laboratories, feedlots, landfills, and various other industries with environmental impacts. He works with the governor and state legislature to develop policies and regulations designed to improve the health of Kansans and the environmental condition of the state.

Secretary Bremby holds a masters degree in public administration from the University of Kansas, where he completed an undergraduate degree in psychology and communication studies. He also completed postgraduate study at the Brookings Institution, The Lyndon B. Johnson School of Public Affairs, and an executive development course at The Center for Creative Leadership. Secretary Bremby is a Kansas Health Foundation Fellow and a graduate of Leadership Forth Worth, Leadership Lawrence, and Leadership Kansas. Secretary Bremby has received the Lawrence Chamber of Commerce Buford Watson Public Service Award, has been listed among the Outstanding Young Men of America, Who's Who Among Black Americans, and Who's Who in America. Bremby is a past recipient of the University of Kansas' Rusty Leffel Concerned Student Award and the R. Scott Brooks Memorial Award. Secretary Bremby was inducted into Pi Alpha Alpha and Pi Sigma Alpha Honor Societies.

Dr. Steven Aldana

Dr. Steven Aldana is a former professor of lifestyle medicine at Brigham Young University and founder and president of the Lifestyle Research Group (LRG). This organization specializes in evaluation and development of programs that improve health by reducing health risks. LRG provides technical advice and health promotion guidance to many of the nation's largest corporations including: NASA, British Petroleum, KeySpan Energy, Nationwide Insurance, CIGNA, Anthem Blue Shield and Blue Cross, Johnson and Johnson, Daimler/ Chrysler, and many other corporations across the U.S. Dr. Aldana has published over 60 scientific articles on the prevention, arrest, and reversal of America's most common chronic diseases. He has written 7 books on the ability of healthy lifestyle habits to prevent cardiovascular disease, cancers, diabetes, and many chronic diseases. His most recent book, "The Culprit and The Cure"

Featured Speakers continued on the other side

Sponsors



*Sedgwick County...
working for you*



BOMBARDIER



4th Annual Working Well Conference

Tuesday, August 26, 2008, 8 a.m. - 4 p.m.

Agenda:

- 7:30 a.m. - 8 a.m. - **Registration**
- 8 a.m. - 9:15 am - **Morning Plenary**
Welcoming Remarks Mim Wilkey, Greater Wichita YMCA
Dr. Steven Aldana
10-20 Years of Extra Life-The Choice is Yours
- 9:15 a.m. - 9:45 a.m. - **Moving in the Morning**
Provided by YMCA
- 9:45 a.m. - 10:30 a.m. - **Breakout Sessions (2 sessions)**
 - 1) **Dr. Steven Aldana**
 - 2) **Mandy Cawby**
Kansas Health Policy Authority
Changing Health Policies: How the Policy Process Impacts Your Health
- 10:30 a.m. - 10:45 a.m. - **Break/Vendor Time**
- 10:45 a.m. - 11:45 a.m.
Jay Rector, Partner
Foulston Siefkin
- 11:45 a.m. - 12 p.m. - **Add Some Spice to Your Lunch with Zumba Fitness** Provided by Genesis Health Clubs
- 12 p.m. - 1:30 p.m. - **Luncheon**
- 12:30 pm - 1:00 pm - **Presentation**
Roderick L. Bremby
Worksite Wellness - The Kansas Perspective
- 1 p.m. - 1:15 p.m. - **Working Well Awards**
Presented by Claudia Blackburn, Sedgwick County Health Department Director
- 1:15 p.m. - 1:30 p.m. - **Break/Vendor Time**
- 1:30 p.m. - 2:45 p.m. - **Best Practices Roundtable**
- 2:45 p.m. - 3 p.m. - **Break**
- 3 p.m. - 3:45 p.m. - **Breakout Sessions (2 sessions)**
 - 1) **Kim Jones LMSW, MPH, CHES**
Sedgwick County Health Department
Behavior Change: A Work in Progress
 - 2) **Sam Marnick, VP Labor Relations & Workforce Strategy**
Spirit Aerosystems
Branding Your Program
- 3:45 p.m. - 4 p.m. - **Closing Remarks and Prize Drawings**

Featured Speakers

Dr. Steven Aldana continued

is currently being used by over 4,500 companies and corporations in an effort to boost productivity and reduce employee related health expenses. The Harvard School of Public Health says this book is "better than the best medicines". Because of his research expertise he is a regular consultant to the Centers for Disease Control, the National Institutes of Health, and the California Department of Health Services. He is a member of the board of the C. Everett Koop organization. Most recently, he has become a special advisor to the U.S. Secretary of Health and Human Services. He often appears on television and radio and is regularly interviewed by CNN, Newsweek, Family Circle, Self, Redbook, Spirit Magazine, and WebMD. Dr. Aldana is determined to educate people about the tremendous impact lifestyle has on disease and is devoted to helping individuals adopt and maintain healthy lifestyles. When asked why he is so passionate about this work he often replies, "This information transforms and saves lives." Dr. Aldana practices what he preaches, though if you ever watched him play flag football with his graduate students you might beg to differ.

Jay Rector, Partner, Foulston Siefkin

Mr. Rector represents clients in a wide variety of employment, labor and ERISA benefit matters. He has a broad base of experience in labor-management relations including union organizational attempts and work stoppages. He has served as chief negotiator for numerous private and public sector collective bargaining agreements. In addition, Mr. Rector has extensive experience in advising employers in specialized and general employment and benefit matters and in representing employers in labor arbitrations, OSHA investigations, wage and hour disputes and state and federal claims under the ADA, the ADEA, Title VII, the FLSA, the FMLA, and their state law counterparts. Mr. Rector enjoys Martindale-Hubbell Law Directories highest "AV" rating for lawyers. Mr. Rector is a frequent teacher and speaker at seminars as well as the author of numerous published articles on the subjects of employment and benefits law.

Best Practices Roundtable:

Come join us in the afternoon and learn from 24 employers' successful worksite wellness programs and policies.

Registration Form

Name _____

Company _____

Address _____

City _____ State/Zip _____

Phone _____

E-Mail _____

Date of Birth _____

Register by Friday, August 15, 2008

Payment

Cost is \$75 per person - Total Amount Enclosed: \$ _____
Check here for a Vegetarian lunch _____

Payment Options - Check or Credit Card (Visa or MC)
Call Lianna Bodlak if paying by credit card

For questions about group registration please contact Lianna Bodlak at 316-219-9622 ext. 230.

Mail this form with check payable to:
Greater Wichita YMCA, Attn: Lianna Bodlak
3330 N. Woodlawn - Wichita, KS 67220

All proceeds go towards the conference and the Health & Wellness Coalition

HRCI Recertification Credit to be Submitted for Approval
Please dress casually

For more information visit www.hwcwchita.org