

# “Unlock Your Potential Define Your Purpose Create Partnerships”



8<sup>th</sup> Annual Summit County Worksite Wellness Conference

Hosted by: Wellness 360 Conference

THE NEW Center at NEOMED

Thursday, March 10, 2016

## AGENDA

7:30-8:30am	Registration Open: Vendors Open
8:30-9:00	Opening Remarks: Johanna Tanno: Chair, Wellness 360 Conference Dr. Jay Gershen: President NEOMED Mistress of Ceremonies: Judi Hill
9:00 – 10:00 Keynote	<p><b>“Unlock Your Potential ~ Define Your Purpose ~ Create Partnerships”</b>  <b>Keynote Speaker: Dr. Robert Kent</b></p> <p><i>Dr. Kent is a leader in health and wellness all because he saw the potential, found his purpose, and created partnerships that allowed his dream to become a reality. Through personal experience, Dr. Kent will share his journey with you and inspire you to “Unlock Your Potential ~ Define Your Purpose ~ Create Partnerships”</i></p>
10:00 – 10:15	MOVE Break
	<p><b>BREAKOUT SESSION</b>  <b>Define Your Purpose</b></p>
10:15 – 11:00	<p style="text-align: center;"><b>Unleashing Your Inner Leader</b>  <b>Speaker Jeff Nischwitz</b></p> <p>If you’re ready to ignite your inner leader, don’t miss this powerful session with Jeff Nischwitz! Jeff’s new concept of integrated leadership – what he calls LIVINGSHIP™ – represents a new way of living and leading. Using concepts from his book – <b>Unmask: Let Go of Who You’re “Supposed” to Be &amp; Unleash Your True Leader</b> – Jeff will share how to tap into your inner leader and unleash your life and impact. Experience the power of embracing choice in your life to transform your business, career, relationships and life</p>
	<p style="text-align: center;"><b>High Risk: Finding Your Wellness Program Purpose</b>  <b>Speaker: Bill Frankel</b></p> <p>As health issues expand across the country, more and more companies are feeling the burden of an unhealthy workforce. Higher health insurance costs, increased absenteeism, reduced work productivity all affect your bottom-line. Today, learn about:</p> <ul style="list-style-type: none"> <li>• The Financial Toll on Corporate America <ul style="list-style-type: none"> <li>○ Indirect Cost and Direct Cost of Poor Health</li> </ul> </li> <li>• Making a Case for Wellness <ul style="list-style-type: none"> <li>○ Reduction in Risk Factors = Reduction in Health Care Costs</li> </ul> </li> <li>• Wellness that Works: Essential Elements <ul style="list-style-type: none"> <li>○ Selecting the Right Wellness Program for Your Organization</li> </ul> </li> <li>• 2016: Updates to the ACA, Alternative Standards and Technology</li> </ul>

	<ul style="list-style-type: none"> <li>Wellness for YOU: It's Never Too Late to Begin Your Journey Into Wellness</li> </ul>
	<p style="text-align: center;"><b><i>Design Your Future: You CAN have what you want!</i></b>  <b><i>Speaker: Leanne Cannon</i></b></p> <p>People tend to design their vacation, design their home, their landscaping, but not their life in general. It has been said, "<u>Until you commit your goals to paper, you merely have 'intentions' that are like seeds without soil!</u>" A seed can have the potential to become a giant tree, but only if it's planted in the soil. Paper is to goals, what soil is to seed, and if you plant the seeds of thought from your mind onto paper, THEN those thoughts, thoughts goals and dreams, can come to fruition! A goal without a plan is just a wish! We <u>can</u> have what we want in life if we lay out a plan for it ... a blueprint if you will ... and then follow that plan to the realization of the dream!</p>
11:00-11:15	MOVE BREAK
	<p style="text-align: center;"><b><i>BREAKOUT SESSION</i></b>  <b><i>Unlocking Your Potential</i></b></p>
11:15-12:00	<p style="text-align: center;"><b><i>What is your Health Color? How to Build Health-Accountable Employees</i></b>  <b><i>Speaker: Melanie Jatsek</i></b></p> <p>Stop dieting, get healthy and start living! Get motivated to help your employees make positive change in their health (without giving up chocolate!) This program will have you looking at your body through a whole new pair of eyes.</p> <p>Key skills you will develop after the program:</p> <ul style="list-style-type: none"> <li>Learn how to give yourself permission to eat what you want without feeling guilty (yes, really!)</li> <li>Understand chronic inflammation in the body, including what heats it up and what cools it down.</li> <li>Learn how to determine your Health Color and use it to make conscious food choices.</li> <li>Discover which foods and lifestyle habits improve your Health Color and decrease disease risk.</li> </ul> <p>Discover how to make peace with food and stop letting it control you</p>
	<p style="text-align: center;"><b><i>Preparing for a Career in Wellness</i></b>  <b><i>Dr. Amy Lee and Alida Moonen</i></b></p> <p>By the end of the presentation, participants will:</p> <ol style="list-style-type: none"> <li>1) Understand the current status and scope of wellness as a profession.</li> <li>2) Understand the knowledge, attitude and skill competencies necessary for a robust career in wellness.</li> <li>3) Learn how to access the education, accreditation, and continuing education resources and opportunities available locally, nationally, and internationally for wellness professionals (or those who wish to understand more about what wellness involves).</li> </ol>
	<p style="text-align: center;"><b><i>Unlock Your Potential to Influence Others</i></b>  <b><i>Patrick Johnson</i></b></p> <p>Everyone influences someone; yet, only a few people influence a lot of people. How you</p>

	<p>go about doing this will determine how many, how long, and how effectively you influence them. People of positive influence add value to others. Our influence with others is usually not in all areas. With influence comes responsibility. Right motives are crucial to people because leadership functions on the basis of trust. Leadership is Influence. Patrick Johnson, Summa Health's Leadership Coach and a founding member of the John Maxwell Team of professional coaches, trainers, and speakers, as he shares insights to unlock your potential to personally and professionally influence others in today's work environments.</p>
12:00 – 1:00pm	<i>Lunch/Networking/Vendor Session</i>
<b>AFTERNOON SESSION</b>	
<b>Creating Partnerships</b>	
1:00 –1:15	WE CAN ADD Dr. Taylor here if you want
1:15-2:00	<p><b>Depositing In the Emotional Bank Accounts of Your Employees</b>  <b>Tami Lewis, BA, MS</b>  Successful wellness programs start with leadership. Discover how your leadership can positively affect not only your employees but your entire wellness program.</p>
	<p><b><i>Making Choices in Wellness Partnerships</i></b>  <b><i>Ali Payne and Gina Palmieri</i></b>  Ali Payne and Gina Palmieri from Gallagher will discuss the range of wellness vendors and offerings in the market today. They will provide an overview of how to assess what is best for your company culture and current wellbeing structure. They will review the varieties of platforms, incentive structures, unique features, and discuss the goal of achieving easy access to care.</p>
	<p><b><i>Create Partners on a Budget</i></b></p> <ul style="list-style-type: none"> <li>• Financial Bootcamp: TransAmerica</li> <li>• Stop Smoking NOW! : Western Reserve Hospital Smoking Cessation Program</li> <li>• Eat Fresh, Buy Local: Blue Sky Green Fields</li> <li>• Metro Parks</li> <li>• American Heart Association</li> </ul>
2:00-2:15	MOVE Break
2:15–3:00	<p><b>Successful Wellness Programs</b>  <b>Panel Discussion</b></p> <ul style="list-style-type: none"> <li>• Akron Zoo</li> <li>• Automated Packaging</li> <li>• Vitamix</li> </ul>
3:00 – 3:15	Door Prizes & Evaluation
3:15- 3:30	Closing Remarks/Adjournment

**Revised 02/08/16**