

# Well@Work

IMPLEMENTING EFFECTIVE WORKSITE WELLNESS  
AND CONTAINING HEALTHCARE COSTS



## Healthcare at your organization... Are you running in place?

Rising health care costs make employee health a top priority for all businesses and organizations today. This conference will address the impact of employee health risks on an organization's bottom line and introduce proven strategies for implementing effective worksite wellness programs in your organization.

### During this conference, you'll learn:

- The impact of employee health on organizational effectiveness.
- What a local community coalition did to engage employers in worksite wellness activities (<http://www.kentuckianahealthalliance.org/>).
- The best practices and lessons learned from local employers with recently implemented and successful worksite wellness programs.
- Critical components to designing and implementing a measurable, comprehensive wellness program for your worksite.
- Available resources in the community for creating effective worksite wellness programs.

### Program Outline and Featured Speakers:

#### 7:30-8:00:

Registration: Enjoy a healthy breakfast and browse our informational booths

#### 8:00-8:15:

Welcome and introduction to The Mayor's Healthy Hometown Movement - Dr. Adewale Troutman, Director, Louisville Metro Dept. of Public Health & Wellness

#### **Date:**

Friday, October 19th 2007

#### **Location:**

Galt House East

#### **Time:**

7:30 a.m. to 10:30 a.m.

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#### **Presenting Partners:**

**Kentuckiana Health Alliance**  
**Partnership For A Fit Kentucky**  
**Mayor's Healthy Hometown**  
**Greater Louisville Inc.**

#### **Sponsors:**

**Occupational Health Solutions**  
**KC WELLNESS, INC.**  
**Pfizer**

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**Seating is Limited so**

**\$20 registration includes  
materials and healthy  
breakfast!**

Questions or to Register  
by phone

**8:15-8:30:**

Why Worksite Wellness? - Dr. Adewale Troutman, Director,  
Louisville Metro Dept. of Public Health & Wellness

**8:30-8:40:**

Well@Work: A Community Initiative - Mary Lyle & Randa  
Deaton, Project Directors, Kentuckiana Health Alliance, Co-  
directors UAW/Ford Community Healthcare Initiative

**8:40-8:55:**

Small Organizations Can Implement Worksite Wellness: A Look  
@ Greater Louisville Medical Society - Lelan K. Woodmansee,  
CAE, Executive Director, GLMS

**8:55-9:10:**

Implementing Worksite Wellness in a Complex Environment: A  
Look @ Tyson Corporation - Robin Crosier, RN, Complex Nurse  
and Wellness Manager, Tyson Corp., Corydon IN

**9:10-9:40:**

Designing & Implementing Effective Worksite Wellness -Teresa  
Lovely, CHES, Business Coordinator for Worksite Wellness  
Development, Governor's Office of Wellness & Physical Activity,  
Kentucky Chamber of Commerce

**9:40-10:00:**

Open Discussion

**10:00-10:30:**

Worksite Wellness Informational Booths Remain Open

**Presenting Partners:**



Greater Louisville Inc.



Call: 625-0085  
or [Email](#)

\* Price increase of \$5 if you register on the day of the event or at the door. No refunds or cancellations within 48 hours of the event.

**Sponsors:**

