

# C O R P O R A T E H E A L T H & W E L L N E S S E X P O & F O R U M

November 14th, 2006

9:00 am to 3:30 pm

Ritz Charles

9000 W. 137th Street  
Overland Park, KS 66221

**Who should attend:** Individuals involved in employee benefits, human resources, business owners or wellness professionals. Attendees will walk away with:

- **Worksite Wellness Update – Innovative wellness solutions that work**
- **The Economics of Wellness – How wellness hits the bottom line**
- **Engagement – Sustainability – Accountability – Programming that can make a difference**
- **Gaining and Maintaining Senior Management Support – The importance of making wellness a part of the company climate and culture**

The program will run from 9:30 a.m. to 3:30 p.m., with registration beginning at 9 a.m. The event will include lunch for attendees and will include an Expo where local vendors, hospitals and health insurance carriers will showcase wellness resources and provide complimentary wellness services.

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# C O R P O R A T E HEALTH & WELLNESS E X P O F O R U M

**W**ellness programs are rapidly becoming a key element in healthcare cost containment strategies. In a 2006 Employee Benefit News Study, **67%** of respondents selected promoting preventive health benefits and behaviors as one of the top three strategies that would generate the **most substantial savings** as it relates to their benefit plan. In 2005, the Pricewaterhouse Coopers Management Barometer showed **75%** of executives saw the link between health & productivity and **65%** believed benefits design connects to overall health.

The Resource Group, L.C., a leading area employee benefit brokerage and consulting firm, wants to help you better understand the workplace wellness strategies that can help you maximize the return on your wellness investment. We have brought together a group of five national experts that represent award winning and best practice programs for an exciting one day health and wellness event.

The Forum portion of the event will include two presentations and a panel discussion from nationally recognized best practice programs representing diverse work environment and employee populations. You will not only walk away with information you can immediately put into practice, but also strategies that will affect your bottom line in the short and long-term. The Expo will offer complimentary testing or personal wellness services in the following areas of interest:

***Bone Density/Osteoporosis***

***Health Risk Assessments***

***Chair Massage***

***Blood Profiling (Cholesterol, glucose etc.)***

***Urgent Care Resources***

***Fitness Analysis***

***Weight Management***

***Cardio Vascular Education***

***Smoking Cessation***

***BMI (Body Mass Index)***

***Chiropractor/Ergonomics***

***Nutrition Information***

***Skin Analysis***

***Cancer Awareness***

***Diabetes Education***

***Self Care Books/Nurse Line***

3.25 hours of recertification credit for PHR, SHRM, and GPHR professionals have been filed through the Human Resource Certification Institute (HRCI).

## FORUM PRESENTATION

### WORKSITE WELLNESS UPDATE – INNOVATIVE WELLNESS SOLUTIONS THAT WORK

Presented by William Baun, E.P.D.



William B. Baun has more than 28 years experience in worksite health promotion management/programming and directs the Employee Wellness program at The University of Texas M.D. Anderson Cancer Center in Houston, Texas. Prior to joining M. D. Anderson he managed the Tenneco Wellness Program for sixteen years and worked as a worksite health productivity consultant for several years. The Tenneco program was internationally recognized and received the Washington Business Group on Health's "Worksite Wellness Award," Forbes' "Healthiest Company" recognition and the "C. Everett Koop Health Project Award." William has many publications and book chapters and five books concerned with the core principles and issues involved in managing worksite programs and health promotion programs.

## KEYNOTE PRESENTATION

### IMPROVE THE BOTTOM LINE BY IMPROVING EMPLOYEE HEALTH

Presented by Steven Aldana, PhD



Dr. Aldana is a professor of lifestyle medicine at Brigham Young University in Provo, Utah. He has authored over 60 scientific papers and 6 books on health risk management, healthy living, and health promotion programs. He has given over 200 keynote speeches across the U.S. on the ability of good nutrition and regular exercise to prevent, arrest, and reverse many chronic diseases. He is a special adviser to the Secretary of Health and Human Services and a regular consultant to the CDC and NIH. His research has been reported in many of the nation's largest newspapers and magazines. Harvard says his latest book, *The Culprit and The Cure*, is better than the best medicines." He has been interviewed by CNN, Prevention Magazine, Newsweek, Family Circle, Self, Redbook, Spirit Magazine, WebMD, Cosmopolitan, and is one of the nation's leading authorities on healthy living.

## FORUM PANEL DISCUSSION

### THREE "BEST PRACTICE" APPROACHES TO ENGAGING EMPLOYEES IN WELLNESS

Presented by three award winning panelists representing diverse industries, these "top of their class" practitioners will describe their nationally recognized programs. Audience members will have the opportunity to learn from their successes and ask questions of these three noteworthy wellness practitioners.



Aaron Hardy, Washoe  
County School District



Dawn Weddle  
International Truck and Engine



Missy Quaid  
Principal Financial

# Schedule of Events:

**9:00- 9:20** Registration

**9:30- 10:30** Forum Session: Worksite Wellness Update – Innovative Wellness Solutions that Work  
Presented by William Baun, E.P.D.

*Worksite wellness has shifted its focus from the cost of health care to the total value of health. This session will provide an update on what the best practice, award winning worksite programs are doing and why they work. You will walk away with not only what works and programming ideas you can immediately put into place, but also what does not work and why. The session will offer both short and long-term wellness strategies and ideas that will fit every budget. William has been involved in worksite wellness programming for over 28 years in a variety of work environment and many diverse employee populations. He lives wellness everyday where he manages the UT M. D. Anderson Cancer Center wellness program – you won't want to miss this presentation.*

**10:30- 11:20** Wellness Expo

**11:30- 1:00** Lunch and Presentation: Keynote Improve the Bottom Line by Improving Employee Health  
Presented by Steven Aldana, PhD

*Healthcare costs have never been higher and there is no end in sight. Most healthcare costs are caused by preventable chronic diseases. Employees with poor health behaviors develop health risks and eventually acquire common chronic diseases. By implementing health and productivity management programs, employers are getting to the root of the healthcare cost problem. Learn how healthcare costs will only increase in the future. Understand what employee health and productivity programs are and how they work. See how they can reduce employee health risks, health care costs, worker's compensation, and improve productivity. 32 different published articles show that these programs can improve the bottom line. For every dollar spent on employee health programs, \$3.5 were saved from lower healthcare costs. Understanding how health and productivity management programs can improve employee health and reduce employee related expenses can make the difference between declining profits and future growth and prosperity.*

**1:00 - 1:50** Wellness Expo

**2:00 – 3:15** Forum Session: Three “Best Practice” Approaches to Engaging Employees in Wellness  
Presentations and Panel Discussion with award winning wellness practitioners Aaron Hardy, Dawn Weddle and Missy Quaid

**3:30** Prize Drawing

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## Health and Wellness Expo Registration Form

Fax this form to 913-339-9660

Or mail to:

The Resource Group, L.C.  
9225 Indian Creek Pkwy., Ste. 600  
Overland Park, KS 66210

Name(s): \_\_\_\_\_ Email address: \_\_\_\_\_

Organization/Company: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

TRG Client (\$20)

Student (\$20)

Corporate Attendee (\$40)

# \_\_\_\_\_ Registrants @ \$ \_\_\_\_\_ each = \$ \_\_\_\_\_

\_\_\_ Check is enclosed

\_\_\_ MasterCard

\_\_\_ Visa

Payable to: The Resource Group, L.C.

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

*For More information call  
Mindy Rosenberg: 913-339-0800*