



6th Annual Mayor's Healthy Hometown Worksite Wellness Conference and Awards



Wednesday, May 21

7:30 a.m. to 4:30 p.m.

Gheens Foundation Lodge

1421 Beckley Creek Parkway

Directions available at TheParklands.org

Dress for comfort

(active wear and tennis shoes)

Be ready to move, bend, and be flexible –
conference will include two “bending” breaks.

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Why attend

Join others interested in improving health through worksite wellness to learn, promote and engage in wellness. The Mayor's Healthy Hometown Worksite Wellness Initiative is happy to partner with The Kentucky Department for Public Health to expand a very successful annual conference to include state-wide participants. This conference provides an opportunity to learn more about new proven resources, network with others focused on wellness, and hear Kentucky wellness program success stories.



"When we compare Louisville's health outcomes to 15 "peer" cities like Nashville, Raleigh and Dayton, we rank 10th. This should not be. Improving our health will directly impact and improve the quality of life, prosperity and competitiveness of our city as a whole. Improving health is everyone's business. Louisville's shared community-wide agenda for doing just that is in our recently released Healthy Louisville 2020 report. Businesses small and large can have a major impact in changing the health of their employees. I encourage you to attend the 2014 Mayor's Healthy Hometown Worksite Wellness Conference. You'll have the opportunity to network with other employers to hear evidence based strategies for improving employee health. You'll gain valuable knowledge you can implement at your own worksite and see first-hand which companies in Louisville are creating real change through award winning programs." – Mayor Greg Fischer



*"Our vision is a healthier Kentucky where we work, learn and play. Our mission is to improve the health of the public through worksite wellness. Governor Beshear has made improving the health and wellness of Kentucky's children, families and workforce one of his highest priorities through the **kyhealthnow** initiative. Many goals of this initiative can be addressed through employer-based wellness programs as employers strive to create "cultures of health" that support healthier lifestyles leading to a healthier Kentucky." - Connie White, , MD, MS, FACOG, Deputy Commissioner Kentucky Department of Public Health*



Continuing Education credits

CHES/MCHES, ACSM, RD, CPH, PHR & SPHR pending.

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Agenda

7:30 a.m. Registration and healthy breakfast

8:15 a.m. Welcome

Mayor Greg Fischer, Louisville Metro

8:30 a.m. 2014 Kentucky Worksite Wellness Awards presentation

- Metro Louisville awards - Mayor Greg Fischer and LaQuandra S. Nesbitt, MD, MPH, Director, Louisville Metro Public Health and Wellness.
- Kentucky county awards: Connie White, MD, MS, FACOG, Deputy Commissioner of Kentucky Department of Public Health and Teresa Lovely, Business Coordinator for Worksite Wellness Development.

9:15 a.m. Important role of worksite wellness in community health initiatives

LaQuandra S. Nesbitt, MD, MPH, Director, Louisville Metro Public Health and Wellness.

9:30 a.m. Advancing a state of wellness in Kentucky through worksite wellness; using the most up-to-date evidence-based strategies, programs, and policies

Connie White, MD, MS, FACOG, Deputy Commissioner Kentucky Department of Public Health.

Dr. White is Deputy Commissioner for the Kentucky Department for Public Health. She has served as director of the division of Women's health from 2009 to 2010. Dr. White is a graduate of Kentucky Wesleyan College, University of Kentucky and University of Louisville (OB/GYN residency program).

10:15 a.m. Visit with vendors

10:30 a.m. Bending break

Activities will include: Yoga for all levels, bending with bands at work, tips on using local parks and playgrounds (e.g., nature walks, using playground equipment) and canoeing (if available).

11:15 a.m. Bending your trend line – going through insurance claims line by line, getting people “in line” and asking the right questions

Donald B. Thompson, CLU, CEBS. Don is the President of Epic Insurance Solutions. He has over 30 years' experience in the industry and is a Chartered Life Underwriter, Certified Employee Benefits Specialist and a Life and Health Consultant.

Noon – Lunch break

12:30 p.m. Keynote: "Passionately FLEXING your Purpose"- discover your inner VIP...Vision, Inspiration and Passion to help sculpt the future of worksite wellness.

Antoine Dove, “Biggest Loser” participant. After returning home from the Biggest Loser competition, he had to learn to balance his demanding corporate job with the pressures of continuing to lose weight. Antoine has lost over 42 percent of his body weight and has kept this weight off for five years. He has spent the last four years promoting and pushing for positive healthy lifestyle changes within corporate America. He believes that anything is possible if you believe in yourself and learn to trust the process.

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Agenda (continued)

1:30 p.m. Bending break

Activities will include: Yoga for all levels, bending with bands at work, tips on using local parks and playgrounds (e.g., nature walks, using playground equipment) and canoeing (if available).

2:15 p.m. Visit with vendors

2:30 p.m. The Physical, Psychological and Spiritual Benefits of Mindfulness Meditation

Fr. Joseph Mitchell, director of the Passionist Earth and Spirit Center. He has a graduate degree in Philosophy, Cosmology and Consciousness from the California Institute of Integral Studies in San Francisco, CA and advanced training in theology at Catholic Theological Union in Chicago, IL. Fr. Mitchell has been practicing and teaching mindfulness meditation for over 25 years.

3:15 p.m. New CDC evidence-based tools: Taking the guess work out of worksite wellness promotion

Teresa Lovely, MS CHES. Lovely is Business Coordinator for Worksite Wellness Development for the Kentucky Department for Public Health Chronic Disease Prevention Branch. She leads the Kentucky Worksite Wellness Initiative that focuses on education, support, and technical assistance for all type and size organizations in the state on worksite wellness programs development.

3:45 p.m. Mayor's Healthy Hometown Worksite Wellness Committee is now the Worksite Wellness Council of Louisville

Matt Schwartz, RHU, WWCL Chair and Patti Killion, MSBC, WWCL Marketing Chair, will briefly review our mission, vision and programming – the benefits of participation and the resources we offer.

4:15 p.m. Wrap up and vendor giveaways

Registration

Cost: \$50 early registration; \$60 at the door. [Click here to register.](#)

Accommodations

A group rate of \$139 per night is available at the [Louisville Marriott East](#), 1903 Embassy Square Boulevard, Louisville, KY 40299. This located at Exit 15 of I-64.

Start date: 5/20/14

End date: 5/22/14

Last day to book by: 4/28/14

[Book your group rate: MAYORS HEALTHY HOMETOWN](#)

About The Parklands



The Parklands is a nearly 4,000-acre public park system under development within the Floyds Fork watershed in eastern and southeastern Louisville, Kentucky. Once completed, it will be a systemic, world-class addition to Louisville's parks system that includes four major parks linked by a park drive, a first-rate urban trail system and a remarkable water trail, all tracing Floyds Fork, a classic Kentucky stream. The Parklands has a variety of multi-use rental facilities, all offering a beautiful space to meet outside the hustle and bustle of the city. Proceeds from rental fees go toward the annual operating budget for The Parklands. Visit www.TheParklands.org for additional information and photos.