



LIFELINE WORKPLACE WELLNESS PROGRAM
DIVISION OF COMMUNITY AND PREVENTIVE MEDICINE

Southern Maine Wellness Council
Training Workshop

Workplace Wellness Strategies to Optimize Employee Engagement and Health Outcomes

Ellie Edeh will discuss Hannaford's innovative health and wellness engagement strategies that have succeeded in not only improving health, well-being and productivity of the workforce, but also achieved impressive healthcare cost savings outcomes. During this interactive session, we will take a closer look at how this was achieved, and how the company's health and wellness advocates gained the buy-in of senior leadership to integrate health, wellness and healthy lifestyles into Hannaford Brothers company culture. The principles/strategies outlined in this workshop are applicable to employers of all shapes and sizes.

Workshop Objectives:

- Participants will learn practical strategies for achieving maximum participation and behavior change.
- Participants will learn how to evaluate program results and develop alternative strategies for targeting specific health risks.
- Participants will learn how to engage leaders to become participants of and influencers of workplace health and wellness.
- Participants will learn creative approaches to wellness communications.
- Participants will learn key factors that allow for high levels of engagement in health and wellness programs while creating a positive impact on health outcomes.

Presenter: Ellie Edeh leads Hannaford's Wellness Initiatives. In this role since 2004, her responsibilities include managing Hannaford's wellness professionals; a staff of over 50 licensed health professionals that provide onsite health information, screenings and programs for Hannaford's 26,000 associates. Ellie and her team design and execute a broad range of company wide wellness programs, including nutrition, smoking cessation, fitness, weight and stress management. They have been recognized both regionally and nationally at gold and platinum levels for achievement and innovation in worksite wellness.

Date: Thursday, March 18, 2010 from 8:30 am to 11:30 am

Fees: ___ Southern Maine Wellness Council or Wellness Council of Maine members - \$40.00

___ Two or more same organization—\$35.00

___ Non—members—\$65.00

Location: Room 109, USM Abromson Center Community Education, on Bedford St., USM Portland Campus.

Parking: Free parking is available in the Bedford Street Garage. The facility is attached to the Abromson Center. Bring your ticket to the seminar.

Contact: Tom Downing, Lifeline Director, Phone: 207-781-1545, Fax: 207-781-1550, Email downit@mmc.org

Registration Form

To register for **Workplace Wellness Strategies to Optimize Employee Engagement and Health Outcomes** please complete the following form and return to Lifeline Workplace Wellness Program, Maine Medical Center, 5 Bucknam Rd., Suite 1H, Falmouth, ME 04105 or fax with credit card information or PO# to (207) 781-1550 always include the registration form with all information filled in.

Name _____ Job Title: _____

Organization _____

Mailing Address _____ No of Employees _____

City/State _____ Zip _____

Work Phone _____ Fax _____

Email _____

Payment Options

Credit Card #(Visa, MasterCard, Discover, American Express) _____

Name on Card: _____ Expir.Date _____ Vcode _____

PO# _____

Registration Deadline: Monday, March 15, 2010