



HEALTH & WELLNESS forum

WEDNESDAY, MAY 4, 2016
7:30 – 9:30 AM | THE DOUBLETREE HOTEL
\$20/MEMBERS | \$40/NON-MEMBERS

Wellness programs are an investment in a company's most valuable asset: employees. Careful planning and a well-designed program based on employee needs can lead to healthier employees, increased productivity, reduced absenteeism, reduced healthcare costs and boost the morale of employees.

Innovative employers are now focusing on all aspects of wellness: physical, mental and financial.

In this session, we will explore:

- **2 local employers** will share what they are doing to promote wellness at their companies.
- **Compliance and legal perspectives** – the legal perspective on creating a program and best practices.
- **Advice for employees** to take back to their bosses; how employers can take action and become more engaged in their company's wellness and the health of their employees.
- **How companies are developing wellness programs** and encouraging their employees to participate.



GUEST SPEAKERS



AMY KOHL
Marketing Specialist & Wellness Committee Member, Kohl Building Products (winner: Healthy Workplace from the Caron Treatment Centers)

SUSAN STOPA
Director, Total Rewards, Carpenter Technology Corporation

GREGORY DELAPP, MHS, CEAP
Chief Executive Officer, Employee Assistance Professionals Association (EAPA)

S. WHITNEY RAHMAN
Attorney, Blakinger Thomas Law Firm

KAREN MARSDALE
Sr. Vice President/COO, Greater Reading Chamber, Community Health Needs Assessment Report

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Wellness Matters
EVERY PERSON. EVERY TIME.



The Spine and Wellness Center
Dr. Patrick Borja
610.779.4588

register online at **GreaterReadingChamber.org**

Cancellations must be received one week prior to the event; otherwise registration fee applies. For information call 610.376.6766.