

Wellness at Your Workplace:

A Take Action Seminar



Join human resource specialists, business owners, executives and workplace wellness professionals for Carroll County's first Workplace Wellness seminar.

Agenda

- **Keynote address**
Katie Jones of Maryland's "Healthiest Maryland Businesses" organization.
- **Creating a Workplace Wellness Program for the Non-Profit Sector**
Lisa Rusyniak, chief operating officer, and Amy Newman, vice-president, Human Resources of Goodwill Industries of the Chesapeake, Inc.
- **The value of Health Risk Appraisals**
- **"Workplace Wellness Programs: Wellness in Action"**
A Blue Ribbon panel of local businesses discusses their workplace wellness programs.
- **Q-and-A session**

Course #: XXZ-271-A4

Cost: \$19

Friday, April 20 | 8:30 a.m. – 12:45 p.m.

Carroll Community College | Washington Road Campus | K100

Call 410-386-8100 to register or for more information.



Offered in partnership with The Partnership for a Healthier Carroll County and Carroll Hospital Center.



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