



## *Optimizing Cost-Effective Wellness for Productive Worksites*

Tuesday, March 10, 2009

Maine Principals' Association Conference & Meeting Center, Augusta

8:30am—Noon

### AGENDA

|               |  |   |
|---------------|--|---|
| 8:30—9:00am   | Registration & Continental Breakfast   |   |
| 9:00—9:15am   | Welcome & Introduction<br>MCPH vision for a healthier Maine & goals/objectives for the day                                 | Bob Holmberg, MCPH Board Chair and Karen O'Rourke, Acting Executive Director, MCPH  |
| 9:15—9:35am   | Vermont Worksite Wellness Project<br>Research evidence   | Bob Ross, Scientific Director, Maine-Harvard Prevention Research Center   |
| 9:35—9:45am   | Cianbro Video<br>Large business exemplary program  | Rita Bubar, Corporate HR & Wellness Manager, Cianbro  |
| 9:45—10:15am  | Anthem<br>Why payers care about worksite wellness, how Anthem is supporting small business & info about their school pilot | Don Antonucci, Director, Small Group Sales, Anthem BCBS, Dana Connors, President, Maine State Chamber, and Dr. Larry Catlett, Occupational Medical Consulting |
| 10:15—10:30am | BREAK  | Triathlon—David Crawford, Program Manager, PAN at Maine CDC   |
| 10:30—11:00am | Healthy Maine Partnership Worksite Initiative<br>Small business perspective  | Joanne Joy, Director, Healthy Communities of the Capital Area and Jonathan Leach, Executive Director, Children's Center                                       |
| 11:00—11:20am | Bangor Letter Shop<br>Small business exemplary program   | Irv Marsters, President, Bangor Letter Shop   |
| 11:20—11:40am | MaineHealth<br>Tips on how to implement a worksite wellness program  | Laurie Mitchell, Director of Employee Health Improvement, MaineHealth   |
| 11:40—11:50am | Wellness Council of Maine, Bangor Region Chamber of Commerce   | Jaime Laliberte, Director, Bangor Region Chamber of Commerce  |
| 11:50—Noon    | Final Q/A & Wrap-Up  | Karen O'Rourke, Acting Executive Director, MCPH   |