

WORKSITE WELLNESS & PREVENTION LUNCHEON

Wednesday, April 28, 2010

St. Luke's Regional Medical Center

2720 Stone Park Blvd | Sioux City, IA 51104 | Room No 1 lower level



Schedule:

12:00 PM - 12:10 PM

Check-In

Lunch & beverages will be provided

12:10 PM - 12:15 PM

Welcome, Introductions and Objectives

Leisa Fox, VP Membership for Iowa Association of Business & Industry, will facilitate the meeting.

12:15 PM - 12:35 PM

Smoking Cessation

John Stineman, Executive Director of Iowans for Wellness & Prevention, will deliver the presentation on smoking cessation.

12:35 PM - 1:10 PM

Overcoming Overeating

Jenny Weber, Health and Wellness Council of Iowa
"Weight and Stress Management"

1:10 PM - 1:20 PM

Local Resources

Iowa Health System affiliates present on local resources available to work with businesses to advise and implement wellness and prevention strategies.

Randy Westman, Johnson Machine Works

Erik Nieuwenhuis MS, PT, St. Luke's Regional Medical Center

Lisa Schuetze RN, COHN-S, St. Luke's Center for Occupational Health Excellence

1:20 PM - 1:30 PM

Additional Q&A

1:30 PM - 1:30 PM

Adjourn

Contact Information:

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