

Worksite Wellness

“How can Worksite Wellness help you and your company?”



Who should attend? Anyone involved in employee health issues such as Human Resources, Compensation & Benefits, Employee Safety, Occupational Health, Wellness or Fitness.



WHAT: “The Rewards of Wellness Expo” will help attendees learn and be engaged in the latest developments in Workplace Wellness. Wellness programs have been shown to lower healthcare costs and absenteeism while improving productivity, morale and loyalty. Business groups and health organizations around the country are joining forces to bring this important message to local businesses. This event is presented by **A LEAN VC** (Advocates for a Lifestyle of Exercise And Nutrition in Ventura County) **Worksite Wellness** committee and National Corporate Wellness, Inc. and is co-sponsored by the National Human Resource Association- Ventura County, and others to benefit their members.



WHEN: Wednesday, May 21, 11:00 a.m. to 1:00 p.m.--Short, continuous “deminars” and lunch will be provided throughout the event, *so come at any time and stay as long as you wish.*

WHERE: Ventura Family YMCA
3760 Telegraph Rd
Ventura CA



WHO: A LEAN VC (Advocates for a Lifestyle of Exercise And Nutrition in Ventura County) **Worksite Wellness** committee and co-sponsors, will demonstrate programs ranging from free resources to custom designed long-term campaigns designed to provide significant “return on investment”. Emphasis is placed on new, innovative approaches.



COST: **FREE** admission to the event, lunch, raffle prizes, samples and numerous live, interactive demonstrations every 15 minutes, on innovative new solutions to:

- Drug free Stress and Blood Pressure Management
- Reducing Work Related Injuries
- HIPAA Compliant Weight Management Programs
- Early Disease Detection and Prevention Programs
- Reducing Healthcare Costs and Absenteeism
- Improve Employee Retention, Morale and Loyalty

To RSVP - email Erika.Soltero-Perez@ventura.org The first 50 RSVP's will receive a free booklet “101 Ways to Lower Your Health Care Costs”, so **RSVP TODAY** and join us anytime between 11 a.m. and 1 p.m.! Visit www.VenturaCorporateWellness.com for more information.

