

Ulster County Regional



# Seminar: Worksite Wellness – Good for Business!

## Presenters:

**Jennifer Speenburgh, Director of Member Outreach and Communications, NYS Public Health Association**

**Karen Dubonis, Director of Health & Wellness, Rose & Kiernan**

**A positive wellness culture in the workplace contributes to the physical, mental, and emotional well-being of workers. The workplace becomes more productive and constructive when employers integrate breaks for rejuvenation. It also helps to establish clear and reasonable roles and responsibilities and respect the time and talents of individuals and their non-work demands. Through this seminar, you will learn steps to provide your organization with more opportunity to reduce the number of sick days and health-associated costs. Are you working to make your office a healthy place for yourself and your colleagues?**

## Partners:



**Laurie Deutsch Mozian, MS, RD, Project Coordinator, The Community Heart Health Coalition of Ulster County of HealthAlliance of the Hudson Valley;**

**Marge Gagnon, RN, The Community Heart Health Coalition of Ulster County of HealthAlliance of the Hudson Valley**

**Sponsored by:**



**When:** Thursday, October 22, 8:00-10:00am

**Where:** SUNY Kingston Center of SUNY Ulster, on the Kingston High School Campus, Kingston

**Cost:** \$15 Chamber members; \$25 nonmembers

Registration required – tickets available through [ulsterchamber.org](http://ulsterchamber.org), Foundation events

For information, contact Ingrid Kulick, 845-338-5100, ext. 106, [Ingrid@ulsterchamber.org](mailto:Ingrid@ulsterchamber.org)