

# WORKSITE WELLNESS WORKSHOP

**February 29, 2008 - 9am-2:30 pm**

St. Luke's Community Health Education Center  
 3333 Squaticum Parkway, Bellingham, Washington

*A workshop designed to educate the community on the value of implementing worksite wellness and health promotion programs.*

Sponsored by the College of Humanities and Social Sciences, the Center for Healthy Living, the Department of Physical Education, Health and Recreation at Western Washington University and the St. Luke's Foundation

**SCHEDULE:**

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| 8:30 am  | Registration   |
| 9:00 am  | <b>Leslie B. Crow, MS</b> , Wellness Programs Administrator, The Boeing Company<br><i>"Why Run a Worksite Wellness Program?"</i>                         |
| 9:45 am  | <b>Ron Burt, BS, MS</b> , Director of Prevention Services, HealthForce Partners<br><i>"Key Elements and Components of a Successful Wellness Program"</i> |
| 10:30 am | Break  |
| 10:45 am | <b>Linda Graves, MEd.</b> , Employee Wellness Coordinator, Tacoma-Pierce County Health Department<br><i>"Starting an Employee Wellness Program"</i>      |
| 11:30 am | <b>Michelle Zimberoff</b> , Wellness Coordinator, BP Cherry Point Refinery<br><i>"Promoting and Maintaining a Wellness Program"</i>                      |
| 12:15 pm | Lunch  |
| 1:00 pm  | <b>Tricia Sinek, R.D., C.D.</b> , Director of Community Cancer Programs, Franciscan Health System<br><i>"The Power of Plants and Portions"</i>           |
| 1:45 pm  | <b>Gina Legaz, MPH</b> , Director of Community Relations, Washington Health Foundation<br><i>"Resources for an Employee Wellness Program"</i>            |



**REGISTRATION:** Please complete and return to the Center for Healthy Living (see reverse)

Early bird registration:

*Indicate choice and provide contact information*

|                                     |         |  |                          |          |
|-------------------------------------|---------|--|--------------------------|----------|
| <b>Before February 15</b>           | \$30.00 |  | <i>print NAME(s):</i>    |          |
| <b>Seniors/Students</b>             | \$15.00 |  | <i>Daytime phone</i>     | (      ) |
|                                     |         |  | <i>Email address</i>     |          |
| <b>On site or after February 15</b> | \$40.00 |  | * Please print clearly * |          |
| <b>Seniors/Students</b>             | \$20.00 |  |                          |          |

*Make checks payable to the WWU Foundation*

**Ron Burt** has a B.S. in Physical Education from Lewis Clark State College and a M.Ed. in Exercise Physiology from Western Washington University. He has over 20 years experience designing, implementing and evaluating health promotion programs in both the private and healthcare sector. He is currently Director of Prevention Services at HealthForce Partners assisting small and large employer groups develop customized wellness solutions for their workforce.

**Leslie B. Crow**, MS, Wellness Programs Manager, The Boeing Company. Leslie Crow has over 25 years experience as a practitioner, manager, and administrator in corporate fitness, health promotion, and wellness programs. Leslie was involved in establishing and expanding the Boeing Employee Health and Fitness program, and managed 16 company fitness centers before moving to her current role in administering Boeing's company-wide wellness programs

**Linda Graves** has a M.Ed. in Exercise Science from Western Washington University. Linda has been working in the health promotion and wellness field for the past 23 years with an emphasis in senior and employee wellness.

**Gina Legaz** has her BS in Exercise Science from Gonzaga University and a MPH in health promotion from Oregon State University. She has experience in health promotion at Oregon State University and for the Confederated Tribes of Siletz Indians. She is currently working in Community Relations for the Healthiest State in the Nation Campaign at the Washington Health Foundation where she focuses on health education and community outreach.

**Tricia Sinek** is a Registered Dietician and Director of Community Cancer Programs for the Franciscan Health System in Tacoma, WA. She is a well-known community speaker who presents simple but powerful strategies for living a healthier life.

**Michelle Zimmeroff** has her BA from Western Washington University and a Certificate as a Corporate Wellness Manager from the National Wellness Institute. She has worked in the fitness industry for 11 years as a personal trainer, nutrition consultant, fitness club manager, and Wellness Coordinator. Michelle is also a Board Member for the YWCA and helps to organize and fund raise for the Arthritis Foundation's Jingle Bell Run.

Directions to the St. Luke's Community Health Education Center (From the South):

- a. Take the SUNSET DR / WA-542 E exit- EXIT 255- toward MT BAKER.
- b. Turn LEFT onto WA-542 / E SUNSET DR. Continue to follow E SUNSET DR. Go 0.4 miles.
- c. Turn RIGHT onto ELLIS ST. Go 0.1 miles.
- d. Turn RIGHT onto SQUALICUM PKWY. Go 0.1 miles...HEC is at end of road on left.

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| <p><b><i>Mail registration and fee to:</i></b><br/>         Dr. Kathy Knutzen<br/>         Center for Healthy Living<br/>         Western Washington University<br/>         516 High Street<br/>         Bellingham, WA 98225-9067</p> | <p><b><i>For more information contact:</i></b><br/>         Dr. Kathy Knutzen<br/>         Western Washington University<br/>         360.650.3055 or 650.3763<br/>         Kathy.Knutzen@wwu.edu</p> | <p><b><i>For information about<br/>         The Center for Healthy Living<br/>         visit</i></b><br/> <a href="http://www.wwu.edu/depts/healthyliving">/http://www.wwu.edu/depts/healthyliving</a></p> |
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