

# LEADING THE FUTURE OF WELLNESS

*A positive difference for your employees, a positive savings for your company*



## **First Annual International Wellness Coordinators' Conference**

**March 11 – 13, 2009**

**Scottsdale Cottonwoods Resort & Suites  
Phoenix, AZ**

**[www.WellnessConference.org](http://www.WellnessConference.org)**

## KEYNOTE SPEAKERS

### Dr. Ron Peters

*Mind-Body Wellness as the Key to the Healthy Employee*



Dr. Ronald Peters, MPH has 25 years experience in integrated health care. His approach restores the natural wisdom of the body and assists patients in changing their lifestyle and mindstyle. He is the author of *Edgework: Exploring the Psychology of Disease, A Manual for Healing Beyond Diet and Fitness.*

### Pamela Black

*Creative Wellness: The Next Generation*



Pamela Black is a nationwide facilitator, trainer and coach with 18 years in the corporate sector. She created the CD and Workbook Series, *Ancient Tools for Modern Results*, a stress management and life skills program, and is the author of the upcoming book, *An Active Peace: Creating Calm Amidst a Mach-10 Life.*

On average, an estimated \$300 billion is spent annually in the U.S. on stress-related compensation claims, reduced productivity, absenteeism, health insurance costs, direct medical expenses (nearly 50% higher for workers who report stress), and employee turnover. Reported from [www.workandlifemanagement.com](http://www.workandlifemanagement.com)



The International Wellness Coordinators' Conference (IWCC) is an annual conference that supports wellness coordinators and related professions in corporations and organizations of all industries. The IWCC serves to provide education, inspiration, and awareness to make a positive difference in the wellness of employees as well as in the bottom line of company's health care costs. **Be part of the future in wellness!**

#### WORKSHOP TOPICS INCLUDE:

##### Wellness Initiatives in Business:

ROI for your corporate wellness dollars

##### Next-Generation Wellness:

Expand your understanding of various healing modalities

##### Wellness Programs:

Meet the personal & professional needs of your employees

##### Handling HR Deathtraps:

Manage smoking, obesity, and stress

#### WHO SHOULD ATTEND:

- Wellness Coordinators
- Wellness Directors
- Benefits Managers
- HR Directors & Managers
- Industry Market Leaders

#### SPECIAL EVENTS:

- First meeting of the International Wellness Coordinators' Association
- Updates from the Coalition for a Well America
- Recognition for exemplary wellness initiatives in organizations

## SCHEDULE AT A GLANCE

### Wednesday, March 11, 2009

- 2:00 – 5:00      **Registration**
- 6:00 – 8:00      **Opening Reception**

### Thursday, March 12, 2009

- 6:30 – 7:30      **Morning Relaxation**
- 8:30 – 9:00      **Welcome to IWCC**
- 9:00 – 10:00     **Opening Keynote**  
Mind-Body Wellness as the Key to the Healthy Employee – Dr. Ronald Peters
- 10:15 – 11:30    **Workshops**  
Finding Happiness in the Chaos of Corporate Life – Donna Allen Cover  
Getting to Balance - Brenda Jaeck  
Inspiring Your Employees to Buy In – Jay Pryor
- 11:45 – 1:00     **Workshops**  
How Brain Gym Can Make a Difference in the Workplace – Kari Murlowski  
Wellness 2.0 Next Generation Paradigm to Address the Weightiest Healthcare Cost  
Issue for Employers: The Obese and Overweight Employee – Hunter Yost  
Healthy, Happy, and Whole: Practical Stress Management for Home  
and the Workplace – Sharon Cadiz
- 1:00 – 3:00      **Break**
- 3:15 – 4:30      **Workshops**  
Intuition for Productivity – Ellen DiNucci  
Mind, Body, Spirit Tools... Don't Leave Home without Them – Nancy Pabers  
Wellness ROI: What's New & What Works – Lisa Rittberger
- 7:00 – 9:00      **Evening Event**

### Friday, March 13, 2009

- 6:30 – 7:30      **Morning Relaxation**
- 8:30 – 9:15      **Welcome and Recognition**
- 9:30 – 10:45     **Workshops**  
Stress Management and Meditation: Survival Tools for the 21<sup>st</sup> Century – Patricia  
Luccardi  
Create Your Success – Dorothy Neddermeyer
- 11:00 – 12:15    **Workshops**  
How to Get Off the Sugar Rollercoaster – Jennifer Moore Howe  
Happier, Healthier, Luckier, More Productive: 3 Surprising Things You Can Do to  
Improve Your Workplace – Hollis Polk
- 12:15 – 1:45     **Break**
- 1:45 – 3:00      **Closing Keynote**  
Creative Wellness: The Next Generation - Pamela Black
- 3:00 – 4:30      **First International Wellness Coordinators' Roundtable**

## TRAVEL AND ACCOMMODATIONS

### Scottsdale Cottonwoods Resort & Suites Phoenix, AZ

Phoenix Sky Harbor Airport (PHX) is the closest airport to the conference site. The Scottsdale Cottonwoods Resort & Suites is 12 miles from the airport.



Join us at this inaugural event surrounded by the natural beauty of the Sonoran Desert. Secluded yet convenient, this luxury resort is surrounded by everything that makes Scottsdale world-renowned...from the neighboring Borgata Shopping Village to Old Town's captivating variety of arts, dining and entertainment choices.

Call today to book your reservation at 877-334-3430 or 480-991-1414.  
Email: [reservations@scottsdalecottonwoods.com](mailto:reservations@scottsdalecottonwoods.com)

[scottsdalecottonwoods.com](http://scottsdalecottonwoods.com)

# IWCC Registration Form

Scottsdale Cottonwoods Resort & Suites, Phoenix, AZ

March 11 - 13, 2009

## ONLINE:

www.WellnessConference.org (Preferred method)

## FAX:

(866) 337- 6110 (Allow 5-7 business days for processing)

## MAIL:

IWCC, P.O. Box 38013, Albany, NY 12203 USA (Allow 4-6 weeks for processing)

## Contact Information

How did you hear about the IWCC? \_\_\_\_\_

Company Name: \_\_\_\_\_

Job Title/Occupation: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

## Payment Information

- \$595 Early Bird: September 15 – December 31, 2008
- \$650 Regular Registration: January 1 – March 1, 2009
- \$750 Onsite Registration ONLY: After March 1, 2009

Payment by:  Amex  Visa  MC  Check (Payable in US dollars to MBSconnect, LLC)

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Please Confirm Total: \$ \_\_\_\_\_

## Cancellation/Refund Policy

- Cancellations must be made in writing.
- Before January 15, 2009: A refund minus \$100 processing fee
- Between January 15 and March 1, 2009: 50% refund
- After March 1, 2009: Non-refundable