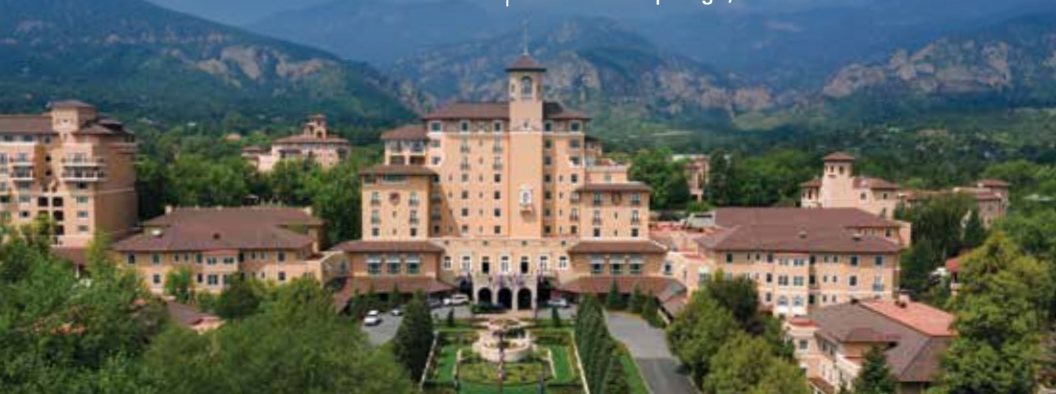


33rd Annual
ART & SCIENCE
of Health Promotion Conference

March 27-31, 2023

The Broadmoor | Colorado Springs, Colorado



Core Conference: March 29-31, 2023
Intensive Training Seminars: March 27 & 28, 2023

— Conference Theme —

**The Wisdom of Rethinking:
Promoting and Practicing Intellectual Humility
to Advance Health and Well-Being**

Keynote Speakers



**Fatima Cody Stanford, M.D.,
M.P.H., M.P.A., M.B.A.**

Associate Professor of Medicine and
Pediatrics, Harvard Medical School;
Obesity Medicine Physician-Scientist,
MGH Weight Center



David Dunning Ph.D.
Professor of Psychology,
University of Michigan



Gail C. Christopher, D.N.
Executive Director,
National Collaborative
for Health Equity

Presented By:

**International Foundation
OF EMPLOYEE BENEFIT PLANS**



Education | Research | Leadership

33rd Annual
ART & SCIENCE of Health Promotion Conference



We are looking forward to welcoming you to the 2023 Art & Science of Health Promotion Conference at the picturesque Broadmoor in Colorado Springs, Colorado.

The theme of this year’s conference is The Wisdom of Rethinking: Promoting and Practicing Intellectual Humility to Advance Health and Well-Being. We will be exploring models and frameworks for creating, implementing and sustaining initiatives driven by challenging old assumptions, reducing polarization, building new bridges and reimagining a better future.

We hope you’ll join us to be inspired by and gain practical, evidence-based insights from the top researchers and practitioners in our field. You’ll hear firsthand how others are cultivating intellectual humility to enhance individual, organizational, and community health and well-being. And equally important, you’ll have time to reconnect with longtime friends and colleagues and make new connections.

Can’t wait to see you there!

Sara S. Johnson, Ph.D.
Program Chair, Art & Science of Health Promotion Conference
Co-President, ProChange



Conference Features

Three Keynote Addresses | Special Plenary Session | Poster Presentations
Networking Sessions | Fitness Activities | Exhibits

Concurrent sessions by top scientists and practitioners include:
Topic sessions | Program descriptions | Research reports | Panel discussions

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Conference Theme

The Wisdom of Rethinking: Promoting and Practicing Intellectual Humility to Advance Health and Well-Being

Amid the monumental challenges Americans face with racial justice, climate change, the economy and the rise of autocratic regimes globally, the United States is experiencing extreme and increasing levels of political and ideological polarization. At the same time, the health promotion field is confronted with persistent and unrelenting health disparities, unprecedented rates of mental health concerns, increases in the prevalence of preventable chronic diseases, and low rates of social and financial well-being—all of which underscore the need for bold and innovative solutions and approaches.

The burgeoning interest in intellectual humility—the willingness to acknowledge that even our most firmly held beliefs, convictions, opinions and viewpoints are potentially fallible because they are based on faulty or insufficient information or because we lack the expertise to evaluate the evidence—may be the key to creating the curiosity we need to venture out of our echo chambers and to challenge our assumptions.

Read the full theme at www.HealthPromotionConference.org.



Continuing Education Credits

We typically offer, and are applying for, continuing education credits for the professions below:

EXERCISE SCIENCE | NUTRITION | HEALTH AND WELLNESS COACHING
HEALTH EDUCATION | MEDICINE | NURSING

For more information and credit approval updates, visit www.HealthPromotionConference.org.



Conference Schedule

This tentative schedule provides an overview of daily activities to help you plan your trip. Details are subject to change. Visit **www.HealthPromotionConference.org** for schedule updates.

Monday, March 27

6:30-8:45 a.m.	Breakfast Buffet
9:00 a.m.-5:00 p.m.	Intensive Training Seminars (Day One)

Tuesday, March 28

6:30-8:45 a.m.	Breakfast Buffet
9:00 a.m.-5:00 p.m.	Intensive Training Seminars (Day Two)

Wednesday, March 29

6:30-7:30 a.m.	Activity Sessions
6:30-8:45 a.m.	Breakfast Buffet
8:00 a.m.-5:00 p.m.	Exhibits
9:00-10:45 a.m.	Opening Keynote/General Session
11:00 a.m.-12:05 p.m.	Concurrent Sessions
1:45-2:50 p.m.	Concurrent Sessions
3:15-4:20 p.m.	Concurrent Sessions
4:45-5:45 p.m.	Activity Sessions
6:30-7:30 p.m.	Welcome Reception

Thursday, March 30

6:30-7:30 a.m.	Activity Sessions
6:30-8:45 a.m.	Breakfast Buffet
8:00 a.m.-5:00 p.m.	Exhibits
9:00-10:45 a.m.	Keynote/General Session
11:00 a.m.-12:05 p.m.	Concurrent Sessions
1:45-2:50 p.m.	Concurrent Sessions
3:15-4:20 p.m.	Concurrent Sessions
4:45-5:45 p.m.	Michael P. O'Donnell Special Plenary Session
6:00-7:00 p.m.	Activity Sessions

Friday, March 31

6:30-7:30 a.m.	Activity Sessions
6:30-8:45 a.m.	Breakfast Buffet
9:00-10:45 a.m.	Keynote/General Session
11:00 a.m.-12:05 p.m.	Concurrent Sessions
1:45-2:50 p.m.	Concurrent Sessions
3:15-4:15 p.m.	Farewell Reception

*The educational programming schedule and social events noted in this brochure are subject to change. Please visit **www.HealthPromotionConference.org** for conference program updates, schedule changes and new offerings.*

Keynote Presentations

Wednesday, March 29



Fatima Cody Stanford, M.D., M.P.H., M.P.A., M.B.A.
Associate Professor of Medicine and Pediatrics, Harvard Medical School; Obesity Medicine Physician-Scientist, MGH Weight Center

The Clinical Science of Obesity and Addressing Weight Stigma

As obesity rates continue to climb, strategies to understand and address the disease are underway. We must acknowledge that it was only in 2013 that the American Medical Association began to acknowledge obesity as a disease. In this keynote, Dr. Stanford will discuss the epidemiology of obesity as a disease, teach about the pathophysiology and explore strategies to treat the disease. She will help the audience to discern how weight bias and stigma contribute to energy storage, and she will explore how early life interactions influence weight bias. Audience participants will be able to determine the deleterious impact of weight bias on health outcomes and ascertain how health professionals harbor implicit and explicit weight bias. She will conclude with how organized medicine organizations have sought to tackle weight bias.

Thursday, March 30



David Dunning, Ph.D.
Professor of Psychology, University of Michigan

Why Ignorance Fails to Recognize Itself: The Need for Humility in Health and Well-Being

One simple truth about human life is that we are all flawed intellects. Our knowledge contains gaps and defects. So, how can we accurately judge expertise in ourselves and others when we act from an imperfect knowledge base? Dr. Dunning discusses how flawed knowledge leads people to misjudge themselves, often making them miss their own incompetence while failing to recognize true expertise in others. These tendencies call for more intellectual humility, especially in the realms of health and well-being.

Friday, March 31



Gail C. Christopher, D.N.
Executive Director, National Collaborative for Health Equity

Preparing a Place for Future Generations That Honors the Humanity of All Equally

Tens of thousands of people across America are preparing a place for future generations that value the humanity of all, equally. The Truth, Racial Healing & Transformation movement is expanding by inviting people to engage in compassionate, empathetic processes of learning from the past, transforming the present and creating an equitable future. Change is the hallmark of progress and growth for individuals and for societies. Yet, there are constants that maintain the equilibrium, the balance and sometimes the status quo. We will explore an often-unexamined constant in the belief system and thought architecture of the U.S. and its health consequences at the individual and collective societal levels. Read the full abstract at www.HealthPromotionConference.org.

Michael P. O'Donnell Special Plenary Session

Each year, the Art & Science of Health Promotion Conference features a special plenary session named in honor of its founder, Dr. Michael P. O'Donnell. This session exemplifies excellence and demonstrates vision in advancing the field of health promotion.



Well-Being Is a Team Sport

Richard Safeer, M.D.
*Chief Medical Director,
Employee Health and Well-Being,
Johns Hopkins Medicine*

Concurrent Sessions



Leading From the Middle: Supporting Managers' Efforts to Create Subcultures of Well-Being

■ = ORGANIZATION STRATEGY

Judd Allen, Ph.D.
Human Resources Institute, LLC



Rethinking Gender: How Benefit Plans, Sponsors and Trustees Can —And Must—Adapt

■ = ADVANCING EQUITY & FOSTERING
INCLUSION & BELONGING

Karen M. DeBortoli, LL.B.
Buck



Health Care in the Kitchen: A Culinary Medicine Approach to Improving Diet Quality in Families

■ = PROGRAM DESCRIPTION

Kristi Artz, M.D.
Spectrum Health



Translating From Research to Real-World in Practice: The UBTwell Way

■ = PROGRAM DESCRIPTION

Sam Dolezal, Ed.D., M.S.E., M.S.
Union Bank & Trust



Talkin' Loud and Sayin' Nothing: How to Back Up Your Commitment to Workforce Mental Health With Meaningful Action

■ = MENTAL HEALTH

David W. Ballard, Psy.D., M.B.A.
GhostNote Consulting



Overcoming the Imposter Phenomenon by Building Organizational Capacity to Promote Belonging, Equity and Well-Being

■ = ADVANCING EQUITY & FOSTERING
INCLUSION & BELONGING

Robin J. Dunn, Ph.D.
Saint Mary's College of California

"I really enjoyed listening to the speakers. They were passionate and enthusiastic about their topics. I learned something new and beneficial from each session I attended."

Jackie Doss, M.S.
CHES



Community as Medicine: Uplifting Connection, Belonging, Vulnerability and Joy in Health Promotion

■ = ADVANCING EQUITY & FOSTERING
INCLUSION & BELONGING

Benjamin Emmert-Aronson, Ph.D.
Open Source Wellness



Elizabeth Markle, Ph.D.
Open Source Wellness

TRACKS:

▲ = EVALUATION ■ = ORGANIZATION STRATEGY ● = INTELLECTUAL HUMILITY ▼ = RESEARCH REPORT
■ = MENTAL HEALTH ■ = ADVANCING EQUITY & FOSTERING INCLUSION & BELONGING ■ = PROGRAM DESCRIPTION



Utilizing Design Thinking in Health Promotion Programming

■ = ORGANIZATION STRATEGY

Jolynn K. Gardner, Ph.D.
American University



Visualizing and Activating the Necessary Complexity of a Health-Promoting Organization

■ = ORGANIZATION STRATEGY

Suzy Harrington, D.N.P., R.N.
Texas Children's Hospital



Do Workplace Health Promotion (Wellness) Programs Work? What Does the Latest Research Tell Us?

▲ = EVALUATION

Ron Z. Goetzel, Ph.D.
Johns Hopkins Bloomberg School of Public Health



The Mindset of a Health and Well-Being Systems Thinker: Delivering Impact to Employee Well-Being Across Three Essential Pathways

■ = ORGANIZATION STRATEGY

Marissa Kalkman, M.S.
Wellness Council of Wisconsin



The Trust Transformation: Transforming Organizational Trust for Improved Humility and Well-Being

■ = PROGRAM DESCRIPTION

Leah Gossai, M.B.A.-HR
AdventHealth



Beyond Your Group Medical Plan—Using All Benefits and Employment Practices to Enhance Employee Health and Well-Being

■ = ORGANIZATION STRATEGY

Jay M. Kirschbaum, J.D., LL.M.
World Insurance Associates LLC



The Wisdom of Not (Over)Thinking—How Applied Improvisation Can Enhance Intellectual Humility, Communication and Resilience

● = INTELLECTUAL HUMILITY

Dayna Gowan, M.P.H.
Improvly Speaking



Jesse Greenfield, M.P.H.
County of San Diego Health and Human Services Agency



Rethinking the Story: The Narrative Path to Community Well-Being and Intellectual Humility

● = INTELLECTUAL HUMILITY

Ann Kowal-Smith, D.B.A., J.D.
Reflection Point



Barbara Burgess-Van Aken, Ph.D.
Case Western Reserve University



Translating Research Into Practice: The Role of Intellectual Humility in Addressing Spiritual Well-Being at Work

● = INTELLECTUAL HUMILITY

Jessica Grossmeier, Ph.D., M.P.H.
Jessica Grossmeier Consulting



Elizabeth Click, D.N.P., N.D., R.N.
Case Western Reserve University

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■ = MENTAL HEALTH ■ = ADVANCING EQUITY & FOSTERING INCLUSION & BELONGING ■ = PROGRAM DESCRIPTION



Analytic Translation: Skills to Optimize How Analytics Help Businesses Succeed

▲ = EVALUATION

Wendy D. Lynch, Ph.D.
Analytic-translator.com



Remote Worker Health

■ = ORGANIZATION STRATEGY

Jay Maddock, Ph.D.
Texas A&M University



Embracing a Culture of Continuous Improvement and Intellectual Humility to Optimize Resources to Change Lifestyle Habits

■ = PROGRAM DESCRIPTION

Elisabeth Prosser, M.D.
Carmel Clay School Wellness Center



Mary Delaney, M.S.
Vital Incite



Roger McMichael, M.B.A.
Carmel Clay Schools



Moving From Health to Well-Being and Openness: Building Meaningful Strategies for Social Connectedness and Equity

■ = ADVANCING EQUITY & FOSTERING INCLUSION & BELONGING

Anjali Rameshbabu, Ph.D., M.S., M.Sc.
Health2Wellbeing



Weight-Inclusion in the Workplace: Making the Case for a Weight-Neutral Approach to Employee Health and Well-Being

● = INTELLECTUAL HUMILITY

Rebecca Rick, M.S., RD
GBS Benefits, Inc.



Encouraging Your Employees to Sleep on the Job: Sleep, the Underexplored Workplace Wellness Program Target That May Be More Impactful Than You Think

▼ = RESEARCH REPORT

Rebecca Robbins, Ph.D., M.S., M.M.Sci.
Harvard Medical School



Stuart Quan, M.D.
Harvard Medical School



At the Intersection of Race, Health and History

■ = ADVANCING EQUITY & FOSTERING INCLUSION & BELONGING

Jaqui Rogers, M.B.A.
BJC Healthcare



Staying Above the Fray: Rethinking Resiliency Skills and Adaptation Strategies in Uncertain Times

■ = MENTAL HEALTH

Brian Luke Seaward, Ph.D.
The Paramount Wellness Institute



Caregiving Bias: Addressing the \$23B+ Challenge Employers Are Facing

■ = MENTAL HEALTH

Miriam J. Senft, GBA
Motivity Care

This is a partial listing of our faculty and program.
Please visit www.HealthPromotionConference.org for the full program and updates.

TRACKS:

▲ = EVALUATION ■ = ORGANIZATION STRATEGY ● = INTELLECTUAL HUMILITY ▼ = RESEARCH REPORT
■ = MENTAL HEALTH ■ = ADVANCING EQUITY & FOSTERING INCLUSION & BELONGING ■ = PROGRAM DESCRIPTION



**Rethinking Resilience:
Flourishing During Trying Times**

■ = MENTAL HEALTH

Bob Swoap, Ph.D.
MindHealth, Inc.



**It Starts Within: The Role of
Personal Reflection and Growth
in Equity Work**

■ = ADVANCING EQUITY & FOSTERING
INCLUSION & BELONGING

Courtney Waters, M.P.H., M.S.
*University of Arizona, Southwest Institute
for Research on Women*



**Powerful Ignorance: Fostering
Intellectual Humility Through a
Psychologically Safe Environment**

● = INTELLECTUAL HUMILITY

Christina Torizzo, M.P.H.
Kaiser Permanente



Shannon Fowler, J.D., LL.M.
*University of Arizona, Southwest Institute
for Research on Women*



Melissa Ford, M.P.H.
Kaiser Permanente

Panel Discussions

**EXCITED for COVID-19 Vaccination: The Role of Health Communication
and Promotion to Combat COVID-19 Vaccine Hesitancy and Misinformation**



Camden Bryan
Clemson University



Kathleen Cartmell, Ph.D., M.P.H.
Clemson University



Maria Mercedes Rossi, Ph.D.
Clemson University



Michelle Parisi, Ph.D., RDN
Clemson University

**It's a Talent Strategy for Us: Promoting Dialogue
to Advance Health and Well-Being at Cardinal Health**



Ben Fisher
Cardinal Health



Chris Coulter
Cardinal Health



Sarah Monley, M.P.H.
Cardinal Health



Shideh Javan
Cardinal Health



Ty Simonton
Cardinal Health

Two-Day Preconference Events

INTENSIVE TRAINING SEMINARS

Monday, March 27 & Tuesday, March 28, 2023 | 9:00 a.m.-5:00 p.m.

Separate registration is required.

**For complete session descriptions and to register online,
visit www.HealthPromotionConference.org.**



Well-Being Culture Coach Training and Certification

Judd Allen, Ph.D.

President, Human Resources Institute, LLC

Gillian Pieper, M.Ed.

Director of Health Promotion and Wellness,
Vermont School Board Insurance Trust

Cultures and subcultures are complex webs of social influences on attitudes and behavior. This training teaches core strategies for creating cultural environments that support physical, social and psychological well-being. The training draws upon the experiences of Gillian Pieper, Health Promotions Specialist at the Vermont School Boards Insurance Trust (VSBIT), and from Judd Allen, Ph.D., at the Human Resources Institute with experience from over 600 business, government and community organizations.



Evaluation of Workplace Health Promotion Programs

Ron Z. Goetzel, Ph.D.

Senior Scientist, Johns Hopkins Bloomberg School of Public Health

One of the greatest challenges facing health promotion professionals is documenting the performance and impact of their programs. To justify ongoing support for health promotion initiatives, program managers often declare that health promotion and disease prevention are “the right thing to do.” However, program sponsors require proof that these programs are worth the investment and produce both a positive return on investment (ROI) and value on investment (VOI). This Intensive Training Seminar will provide the skills and insights for designing and implementing effective measurement and evaluation programs for workplace health promotion. Attendees will have plenty of opportunities to try out ideas with other seminar participants.



Connecting Well-Being to an Organization's Hierarchy of Needs

Rebecca S. Johnson, M.S.

Co-Founder and Chief Operations Officer, ViDL Solutions

While mental and emotional well-being have finally come to the forefront as important issues for business leaders to consider, there is still a great deal of misunderstanding about how organizations can best support their employees in these areas. Many well-intentioned organizational initiatives focus on programs and services for individuals that, while valuable, do not address the systemic issues present in the workplace itself that negatively impact mental and emotional well-being. Creating the conditions in which individuals can thrive requires a comprehensive approach that addresses both individuals and the systems in which they work. Taking a lesson from Maslow's well-known hierarchy of needs, this Intensive Training Seminar takes a deep dive into the Thriving Organization Pyramid—an updated framework for understanding and addressing the systemic factors that affect mental and emotional well-being in the workplace.



At the Intersection of Race, Health and History

Jaqui Rogers, M.B.A.

Diversity, Equity and Inclusion Consultant, BJC Healthcare

This extensive and interactive workshop applies an expanded social determinants of health framework to exploring the health of our respective communities in a way that interweaves influential and historical practices and policies that have come to shape disparate health outcomes in one of America's most racially segregated cities. Participants will be invited to collectively explore health disparities in their respective spaces while radically imagining what it means to foster equitable communities.



Holistic Stress Management Instructor Training

Brian Luke Seaward, Ph.D.

Executive Director, The Paramount Wellness Institute

This workshop is designed to train all allied health professionals to teach, direct or facilitate quality stress management presentations/workshops at their worksite. The focus of this intensive workshop is holistic—honoring the integration, balance and harmony of mind, body, spirit and emotions for optimal well-being. The purpose of this workshop is two-fold: 1) to gain a sound background in the holistic approach to stress management (addressing not only the causes of stress through effective coping skills, but the symptoms of stress with effective relaxation techniques) and 2) to learn, refine and practice excellent teaching skills in which to share this knowledge most effectively, whether it is through a one-hour presentation or a 16-week college credit course. Professionals who have greatly benefited from this workshop include nurses, social workers, counselors, schoolteachers, wellness directors, therapists, health educators, college professors and physicians, and those wishing to make a career change. Special focuses include the topics of burnout, work-life balance, healthy boundaries, stress and nutrition, mindfulness and improved sleep quality.

Conference Highlights

► Intensive Training Seminars

Choose from five different two-day preconference seminars for in-depth training.

Presented in person only. (Separate registration required—See pages 10-11 for descriptions.)

► Making Connections

Connect with people who share your professional and personal interests. “Connections” include serious discussions; silly reflections; getting together for a drink, snack or meal; a morning run; or any other activity that brings people together.

► Activity Sessions

Enjoy a balanced wellness experience with daily activity sessions. Each morning and evening, you will be able to choose from a variety of activities such as yoga, cardio, Pilates, guided meditation, walking and more.

► Meal Functions

The conference will provide a complimentary breakfast Monday-Friday, a Welcome Reception on Wednesday evening and a Farewell Reception on Friday afternoon.

► Poster Presentations

Learn about best practices and the latest research findings in health promotion directly from your peers.

► Exhibits

Drop in between educational sessions to visit displays from our outstanding vendors. See what's new from these top organizations that provide products, services and resources you are looking for to enhance your programs and plans.



Conference Hotel

The Broadmoor

Experience an iconic Colorado Springs resort where personalized luxury offers an escape from the ordinary and modern details blend seamlessly with the timeless European elegance of this historic hotel. Here, the spirit of the West inspires the adventurer within, providing endless opportunities to explore the picturesque mountains, streams and canyons that have inspired generations.

**We have negotiated very special rates for our conference attendees:
\$192 per night (plus tax and fees).**

Book by February 16, 2023 to receive this special rate.



**Make your reservations online at www.HealthPromotionConference.org.
(click on Hotel & Travel)**

Conference Pricing

Conference Options	Registration Rate 12/1/22 through 2/15/23	Registration Rate after 2/15/23
Core Conference (three days)	\$875	\$975
Intensive Training Seminar (two days)	\$550	\$650
Intensive Training Seminar plus Core Conference <i>Special combo price—Save \$50</i>	\$1,375	\$1,575
One-Day Core Conference	\$450	\$555

Cancellation fees apply. Visit www.ifebp.org/policies for more details.

Exhibitor Package

Exhibit Dates: March 29 & 30, 2023 Exhibitor Package: \$2,450

All exhibits are located in the conference programming area for **repetitive exposure and traffic** throughout the conference.

Early booking price: \$2,250

December 1, 2022-February 15, 2023

- One six-foot skirted table and two chairs
- Listing on the conference mobile app
- Registrant list prior to the conference and postconference
- Two complimentary conference registrations for the three-day core conference (March 29-31, 2023). *Two-day preconference Intensive Training Seminar registration is available for an additional fee.*



Learn more and reserve your space. | www.HealthPromotionConference.org

Patti Weber | (248) 425-2737 | pweber@ifebp.org

Sponsorship

Serving as a sponsor is your opportunity to make your organization's brand stand out and be recognized.

- **GAIN VISIBILITY** with the most influential audience in health promotion and wellness.
- **REINFORCE YOUR ORGANIZATION** as an industry leader.
- **DEMONSTRATE YOUR SUPPORT** for advancements in health promotion.
- **BUILD BRAND AWARENESS** before, during and after the conference.

Sponsorship Packages

Platinum

Platinum sponsorship includes Gold package plus an exhibit.

Gold

Gold sponsorship includes Silver package plus opportunity to introduce sponsored speakers and inclusion in promotional emails.

Silver

Silver sponsorship includes on-site signage, recognition in a general session, complimentary registrations and more.

See full package details at www.healthpromotionconference.org.



Interested? Questions? Let us know!

Patti Weber | (248) 425-2737 | pweber@ifebp.org

Poster and Making Connections Proposals

Accepting proposals through February 15, 2023.

Posters

Present a Research or Case Study poster. Posters will be on display March 30 and 31. Meet attendees and share your work in a casual setting during presenter hours each day.

Making Connections Networking Session

Host a Making Connections session. These informal networking sessions provide an opportunity for people with similar professional or personal interests to get together at the conference for a conversation, discussion, meal, workout or fun activity.

Submit proposal online at HealthPromotionConference.org.
Click on Speaking Opportunities.

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Conference Theme

**The Wisdom of Rethinking:
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Exhibit and Sponsorship Packages Available

Check the website for details.

Who Should Attend

- Health Promotion and Wellness Managers
- Exercise Specialists
- Dietitians
- Nutritionists
- Psychologists
- Health Educators
- Nurses
- Physicians
- Medical Directors
- Human Resources Directors
- Benefits Managers and Executives
- Health Insurance Underwriters and Brokers
- Health Plan Leaders
- Educators
- Health Plan Strategists
- Benefit Plan Advisers
- Health Policy Analysts
- Hospital and Clinic Managers
- Scientists

Register Online

www.HealthPromotionConference.org

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