



UNLOCK YOUR
**EXCLUSIVE
SAVINGS!**

(SEE INSIDE
FOR DETAILS)



2019

National Wellness Conference

THE KEY TO THRIVING
Six Dimensions of Wellness

National
Wellness
Institute



Tues., October 1 -
Thurs., October 3

Kissimmee, Florida



EXPERIENCE THE SIX DIMENSIONS OF WELLNESS

+ Learn How They Can Be the Key to Thriving

- 🔑 Connect with peers and vendors
- 🔑 Engage with the latest wellness information
- 🔑 Boost your professional wellness promotion competencies
- 🔑 Earn continuing education credits
- 🔑 Gain the latest practical tools, skills, and resources
- 🔑 Re-energize your mind, body, and spirit
- 🔑 Share innovative ideas and learn best practices



“This is a really great conference—one of the best I've attended! It is well organized, valuable, and fun! Everyone was so welcoming.”





70+ SESSIONS

Covering All Aspects of Wellness

- Organizational culture, employee engagement, compliance
- Health & wellness coaching
- Mindfulness, spiritual wellness, integrative health
- Assessment & evaluation, program planning & implementation
- Multicultural competency
- Leadership, career development, self-care
- Mental & emotional health
- Worksite & schoolsite wellness
- Collaboration & advocacy
- Physical wellness, disease prevention, nutrition
- Financial wellness, technology, communications

View full program details at **NationalWellness.org/NWCprogram**

**SAVE
\$75!***

Use Promo code:
UNLOCK2019

REGISTER ONLINE TODAY

SAVE MORE with an NWI membership! NationalWellness.org/Join

Full Main Conference: ~~\$835~~ ^{\$760} per member | ~~\$980~~ ^{\$905} per non-member

See rates for single days, teams of 3 or more, and student members and register at **NationalWellness.org/NWC2019**

* May not be applied to Student Member rates or with other discounts.

GET YOUR CONTINUING EDUCATION CREDITS AT NWC 2019

Earn up to 19 contact hours for ACSM, CHES®, HRCI®, ICF (Resource Development), NBC-HWC, NWI-CWP, SHRM-CPSM, and SHRM-SCPSM by attending Main Conference sessions and up to 14 more from onsite Certificate courses. Contact hours for nurses may also be available. **See NationalWellness.org/NWCprogram for individual session approval status and updates.**

“*There are a wide variety of learning opportunities in all areas of wellness. I really love the community that it creates and just being around like-minded individuals and bouncing ideas and passions off each other.*”

UNLOCK YOUR POTENTIAL

+ Help Guide Others Toward Healthier Lives!

Thrive in your career with intensive onsite trainings!

Worksite Wellness Certificates



Specialist: Sept. 29 - 30
8:30 a.m. - 4:30 p.m.

Program Manager: Oct. 1 - 2
8:30 a.m. - 4:30 p.m.

NEW FOR 2019! Facilitator Certificates



Financial Wellness

Sept. 30 | 8:30 a.m. - 4:30 p.m.



Elements of Thriving

Resilience & Thriving

Sept. 30 | 8:30 a.m. - 12 p.m.

Empowered Health Consciousness

Sept. 30 | 1 p.m. - 4:30 p.m.

Main Conference Agenda

Monday, Sept. 30 | 4 p.m. - 7 p.m.

Check-in, Grand Opening, Networking, Exhibits

Tuesday, Oct. 1 | 8:30 a.m. - 6 p.m. (+ evening social)

Opening General Session, Breakout Sessions, Coaching Academy,
Heart2Heart Committee Evening Social Activity

Wednesday, Oct. 2 | 8:30 a.m. - 6 p.m.

Opening General Session, Breakout Sessions, Worksite Academy

Thursday, Oct. 3 | 8:30 a.m. - 5 p.m.

Opening General Session, Breakout Sessions,
Multicultural Competency Academy, Closing Event



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About the Conference Host

The National Wellness Conference (NWC) is presented annually by the National Wellness Institute, a non-profit organization whose mission is to enrich professionals' lives and careers with competencies and connections to promote inclusive, whole-person wellness.

BOOK EARLY & RECEIVE EXCEPTIONAL RATES AT THE HOST HOTEL!

Gaylord Palms Resort & Convention Center
6000 West Osceola Parkway, Kissimmee, Florida

NationalWellness.org/NWCtravel



“ I love the networking opportunities. So many incredible wellness professionals at the conference...they were exactly who I needed to meet. ”

BE AN NWC SPONSOR OR EXHIBITOR

Connect with hundreds of wellness-promoting professionals and students. Learn more at **NationalWellness.org/Sponsor**

- Gain direct access to your target audience
- Promote brand recognition
- Learn the latest wellness research and best practices
- Attend sessions with your included Conference passes
- Network with well-minded individuals
- Get exposure in a fun, interactive setting

Contact NWI at 715.342.2969 or nwc@nationalwellness.org