

2006 Wellness Forum Agenda

- 8:30 – 8:40** **Opening remarks by Sparb Collins, NDPERS Executive Director**
- 8:40 – 8:55** **Employer Based Wellness Program Administrative Issues by Rebecca Fricke, NDPERS Benefit Programs Specialist**
- 8:55 – 9:10** **Wellness Benefit Program Funding & Application Process by Kathy Allen, NDPERS Benefit Programs Manager**
- 9:10 – 9:25** **Smoking Cessation Program by Cheryle Masset, NDPERS Benefit Programs Administrator**
- 9:25 – 9:45** **Assessment of Program by Gary Liguori, NDSU Health, Nutrition and Exercise Science**
- 9:45 – 10:00** **Break**
- 10:00 – 10:30** **Healthy ND Worksite Wellness Update by Karen Ehrens, Healthy ND Consultant**
- 10:30 – 12:00** **Go Red North Dakota and American Heart Association Worksite Wellness by Joan Enderle, Amy Walters & Lynne Struble, ND American Heart Association**
- 12:00 – 1:10** **Lunch – on your own**
- 1:10 – 1:15** **Welcome back by Kathy Allen, NDPERS Benefit Programs Manager**
- 1:15 – 2:00** **Health Dialog Resources by Cheryl Bakke, Health Dialog**

- 2:00 – 2:05** **Win With Health Promotion by NDPERS Staff**
- 2:05 – 3:20** **BCBS Wellness Education Programs by
Member Education Consultants**
- 3:20 – 3:35** **Break**
- 3:35 – 3:50** **Overview of School for the Blind Wellness
Program by Carmen Suminski**
- 3:50 – 4:05** **Overview of DOT Wellness Program by Marlene
Larson**
- 4:05 – 4:15** **Open Microphone – Lessons Learned,
Questions and Closing Comments**