



# Dutchess County Workplace Wellness Summit

The Workplace Wellness Summit provides a comprehensive day of education, information, and inspiration to all participants who wish to provide low-cost worksite wellness programs in their business, school or organization.

During the morning of the event, participants are invited to an open networking breakfast to learn about available resources in their community to help improve the well-being of their employees. In this session, the participants have a chance to network with a variety of resources from health providers, local gyms, fitness studios, community-based organizations, and more.

Following the breakfast, the event kicks off with a variety of speakers regarding the health of the workforce, the importance of workplace wellness, and a workshop on how to develop a workplace wellness committee. The event also highlights several local success stories from businesses who were able to implement low-cost wellness programs at their worksite.

The afternoon continues with an energetic speed networking session with **FREE**, local worksite wellness programs that can assist local businesses and organizations in creating a culture of health. The speed networking session provides a valuable small-group setting for participants to learn about what each local program provides on-site for workplace wellness and how a partnership with their organization could help improve the health of their employees.

At the conclusion of the event, participants are given the opportunity to indicate which of the **FREE**, local worksite wellness programs they would like to follow-up with.

*Join us to learn how you can create a culture of health in your workplace!*

Tuesday, October 23<sup>rd</sup>, 2018

8:15 am – 3:30 pm

Family Partnership Center, Cafeteria, 28 N Hamilton Drive, Poughkeepsie, NY 12601

*A healthy breakfast and lunch will be provided*

**Register for free at:** <https://dutchessworkplacewellness.eventbrite.com>

If you would like to be a vendor at the event, please email [rromaine@healthlinkny.com](mailto:rromaine@healthlinkny.com)

If you have questions, please contact:

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