

# Announcing The 2nd Annual Workplace Wellness Workshop

## Who

This workshop is designed for human resource professionals, wellness coordinators, benefits consultants, insurers, as well as students and professionals interested in promoting healthy work environments.

## When

Friday, May 12, 2017  
8:30 a.m. to 4:30 p.m.

## Where

Atwood Conference Center  
550 W 7th Ave, Anchorage, AK 99501  
Rooms 102 & 104

Presentation topics include but are not limited to:

- Engaging leadership in workplace wellness initiatives
- Smoke-free and tobacco-free workplace policies
- Occupational health and safety
- Promoting healthy eating and physical activity
- Cancer prevention and health promotion
- Addressing chronic diseases in the workplace

The purpose of the workshop is to help agencies with limited resources reduce employee health care costs, increase productivity and improve health by developing worksite wellness initiatives that promote individual health while fostering a healthy work environment.

Attendees of this workshop will leave with a better understanding of how the workplace can encourage healthy habits that help prevent health problems, such as obesity, diabetes, heart disease and cancer. As well as great tools and resources to help develop or enhance their worksite wellness programs.

This is a free event, however, space is limited. For more information, email [hss.workwellak@alaska.gov](mailto:hss.workwellak@alaska.gov)  
Registration information coming soon.

