



# Second Wednesday's

May 9, 2012

## Implementation of County Health and Wellness Initiatives

### PROGRAM DESCRIPTION

As counties strive to improve the delivery of services while restraining county expenses, controlling the growth of healthcare costs is a top priority. Learn from professionals in the field the key elements of a wellness program, how to build a wellness program through the involvement of county officials, employees and the community, and how a wellness program can improve employee morale and performance while creating a healthy work environment.

### PRESENTERS

**Brad Cole**, Managing Director of Research, CCAO

**Sherri Noll**, Managing Director of Health and Wellness Programs, CCAO

**Ted Georges, Jr.**, Vice President of Sales, Your Quest

**Pam Boyer**, Human Resources and Benefits Manager, Wood County

**Bill Margalis**, Director of Administrative Services, Lake County

**Linda Reigle**, Administrative Coordinator, Union County Engineer

### AGENDA—9:30 a.m. -12:30 p.m.

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| 9:30 a.m.  | Welcome and Introductions                                      |
| 9:40 a.m.  | Overview of Wellness Initiatives                               |
| 10:00 a.m. | Benefits of Having a Structured Wellness Program               |
| 10:30 a.m. | Developing Wellness Programs in the Public Sector              |
| 11:00 a.m. | Maximizing Wellness Program Return on Investment               |
| 11:30 a.m. | Evolution of County Wellness Programs: Capitalizing on Success |
| 12:00 a.m. | Questions & Answers  |
| 12:30 p.m. | Adjourn  |

### LOCATION & REGISTRATION

All Second Wednesday's Seminars will be held in the Board Room at the CCAO Offices, 209 E. State St, in Columbus. Register for this FREE program by e-mail to Tanya McComas, CCAO Administrative Assistant, at [tmccomas@ccao.org](mailto:tmccomas@ccao.org). Please include the name and title of those attending and the county, agency or company they represent. Coffee will be served at 9:00 a.m., the program begins at 9:30 a.m. and concludes promptly at 12:30 p.m., and lunch is on your own after the program.

**County Commissioners Association of Ohio**

209 East State Street • Columbus, Ohio 43215 • 614/221-5627 • [www.ccao.org](http://www.ccao.org)

# 2012 Second Wednesday's



Recognizing that commissioners and their staff confront a number of daily challenges on a wide variety of topics, CCAO scheduled a regular series of short, concise seminars. With the exception of the April program, all sessions will be held at the CCAO office, 209 East State Street, in Columbus. The programs will begin promptly at 9:30 am and will conclude by 12:30 pm. Registrations will be accepted only by email. Coffee will be served during the morning, and lunch will be on your own. Best of all, the seminars are **FREE!**

## CCAO's FREE Educational Sessions

Over the past two years the 2nd Wednesday Programs have become a popular opportunity for commissioners and their staff to attend **FREE** training seminars.

Please take advantage of this exciting opportunity to become better informed in a variety of areas!

May 9	Implementation of County Health & Wellness Initiatives	Sept 12	Ohio's New Casinos: Economic Impact, County Revenue & Regulation
June 13	Job & Family Services Collaboration & Merger Projects	Oct 10	County Budgeting & Finance Refresher
Aug 8	Waging Successful Ballot Issue Campaigns	Nov 14	Housing Foreclosure Challenge: Land Banking as Potential Solution

For program information, contact Brad Cole, Managing Director of Research, at 614/220-7981 or [bcole@ccao.org](mailto:bcole@ccao.org) or registration information, contact Tanya McComas, CCAO Admin Assistant, at 614/221-5627 or [tmccomas@ccao.org](mailto:tmccomas@ccao.org)