



Second Wednesday's

July 9, 2014

County Wellness Programs

CCAO is pleased to offer a one-hour "County Wellness Programs" webinar on July 9 at 9:30 a.m. We recognize that the task of improving employee health and lowering healthcare costs isn't getting any easier for the employer. That being said, we will cover some of the problems and solutions regarding worksite wellness programs. The specifics will include:

- Status and current data on chronic diseases and health risks.
- Initiatives that address behavior change, some of which can be implemented at no cost.
- Incentives and their tax implications.
- Wellness rules and regulations.
- Best practice communication methods.
- CEBCO's wellness program: yesterday, today and tomorrow.

SPEAKERS

Douglas Foust, CEBS,SPHR, is CCAO's Managing Director of Health and Wellness Programs. Doug is responsible for sales growth and management of the County Employee Benefit Consortium of Ohio (CEBCO). He has over 20 years of human resource experience in the public and private sectors. Doug has a BS in Business-Marketing from The Ohio State University and an MBA in Management and Labor Relations from Cleveland State University.

Tori Sinclair, MPA, CHES, is CEBCO's Wellness Coordinator. Tori assists counties in wellness program development, implementation and evaluation; and administers and oversees the CEBCO wellness grant program. Prior to coming to CEBCO, she was a Health Educator with the Lake County General Health District. Tori has a BS in Community Health Education from Kent State University and an MPA from Cleveland State University. She's been working in the health and wellness arena for nearly ten years.

Participants in the webinar may pose questions to the presenters who will respond during and after the presentation. To register for this exceptional educational opportunity, please click on this link:

<https://www3.gotomeeting.com/register/971282918> If you experience difficulty in connecting to the link above and wish to register for the webinar, please email Amanda Jones, CCAO Program Assistant, at ajones@ccao.org and provide her with your name, title, and email address. **Webinar participation on July 9 is limited to the first 100 to sign-on to the webinar that morning.** For additional information regarding the webinar topic, please contact Brad Cole, CCAO Managing Director of Research, at bcole@ccao.org.

County Commissioners Association of Ohio

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