



**March 25th, 2015**

**9:30 a.m. – 11:30 a.m.**

**Hosted by YMCA of East Tennessee**

## **Agenda**

- **9:30 – Networking & Breakfast**
- **9:45 – ETWR Business**
- **9:50 – Wellness in the Workplace**
  - Sara Prinzi, Corporate Membership Director, YMCA of East Tennessee
- **10:10 – Wellness & Benefits Consulting through a Broker**
  - Amy Howell, Certified Corporate Wellness Specialist, CBIZ, Inc.
  - Aaron Christner, Licensed Health Insurance Producer, CBIZ, Inc.
- **10:30 – EAP & Work-Life Services as Partners in Overall Wellness**
  - Doug Wenrich, LMFT, CEAP, SAP, Manager of EAP & Work-Life Services, Humana
- **10:55 – Nutrition & The Worksite**
  - Khrysta Baig, MSPH, RD, LDN, CHES, Worksite Wellness Dietitian, Knox County Health Department
- **11:15 – Networking & Questions**

## **Address**

Cansler Family Y – 616 Jessamine Street, Knoxville

## **Meeting Room**

Community Room

## **Save The Date! Upcoming Meetings**

April 8<sup>th</sup> at Bush Brothers - Business Social from 12:00-1:00 pm

May 19<sup>th</sup> at the Knox County Health Department – Beginning & Rejuvenating Worksite Wellness Programs