



How To Implement Worksite Wellness Without Impacting Your Benefits Budget. It Can Be Done!

This seminar will provide strategies, motivation and support on implementing successful workplace wellness efforts with minimal funding and maximum fun.

Highlights:

- Rob Davenport will speak on how to motivate employees to lead healthier lives without a budget and share information on the wellness program developed by Pacific Coast Building Products
- A panel discussion on successful wellness implementations by local employers
- Inspirational success stories
- Free and low cost community resources to help your organization get started

Presented by:

Wells Fargo Insurance Services

Featuring:

- Rob Davenport – Wellness Program Administrator, Pacific Coast Building Products
- Panel of local employers discussing the wellness practices at their worksites
- The American Cancer Society Workplace Solutions
- Network for a Healthy California - Worksite Program

Join Us

When: Thursday, October 8, 2009

Time: 8:30 am - 9:00 am:
Registration and Continental Breakfast
9:00 am - 11:45 am:
Seminar

Location: Embassy Suites San Rafael – Marin County
101 McInnis Parkway (right of Hwy. 101)
San Rafael, CA 94903
For detailed directions, please visit
www.sanrafael.embassysuites.com

**Space is limited. Reserve your seat today!
There is no charge to attend this event.**

**If you are interested in attending, please RSVP by
October 1, 2009 by contacting Lynne Huse at:**

**Lynne Huse, 707.773.1877 or
lynne_huse@wellsfargois.com**

*For more information, or if you have any questions,
please contact Lynne Huse.*

