



**Wellness Coordinator Training Session
Thursday, October 13, 2011**

**Local Government Center
25 Triangle Park Drive
Concord, NH
8:00 AM – 12:00 PM**

Today's Theme- Walk the Talk (So Bring Walking Shoes)!

8:00 am - Registration and Visit Resource Tables

8:20 am - Morning Stretch - Heather Fairchild, SoNH DHHS

8:30 am - Recognition of the Wellness Coordinator of the Quarter

8:45 am - Wellness Strategies for 2012 - Mike Loomis, SoNH DAS

9:00 am - Stress Less in the Workplace, Part 2 - Lisa Marzoli, Anthem

9:30 am - Nutrition 101 – Tim Parsons, Local Government Center

10:20 am - Break

10:30 am - How to conduct a "Walk-ability Assessment" – Nik Coates, NHRPC

11:00 am- Upcoming Events and Campaigns – Michael Loomis, SoNH DAS

Walktober Initiative (October 1-November 13) – Diane Caldon, SoNH DAS
Diabetes Awareness Campaign (November 1-30) – Marisa Lara, SoNH DHHS
Maintain Don't Gain (November 21-January 1) – Lisa Marzoli, Anthem

11:50 am- Evaluations

Resource Tables:

- 🌀 **WC Table** – Health Promotion Resources and feel free to share your wellness resources that were effective such as copies of a healthy recipe or wellness promotion at your agency
- 🌀 **Vendors-** Local Government Center, Anthem, Employee Assistance Program, Delta Dental, Program for Alternative Transportation for Health and others

Wellness Coordinators, please R.S.V.P. by October 6, 2011 to Mike Loomis at 271-4103 or michael.loomis@nh.gov

Directions to NH Local Government Center:

**Local Government Center
25 Triangle Park Drive
Concord, NH**

LGC's Telephone Number: 1-800-527-5001

Entering Concord From:

North or South from I-93

Take exit 15E; travel approximately 3.5 miles to exit 3 (Route 106). Turn right (south) at the end of the exit ramp and follow Route 106 through the next light. Continue approximately 1.5 miles, through one light passing the Steeplegate Mall. Take a right at the next light onto D'Amante Drive and then a left onto Triangle Park Drive after "The 99 Restaurant." The Local Government Center is located directly behind Home Depot and across the street from the Target department store.

I-89

Take I-89 to I-93 North and follow the directions above.

Route 106 North

Look for the traffic light that intersects with Pembroke Road (2nd set of lights). Triangle Park Drive is the next left (at Bayberry Commons). Follow to the last building on the left (immediately behind Home Depot).

Route 106 South

Look for the Steeplegate Mall. Take a right on D'Amante Drive (second entrance to the mall) and then a left onto Triangle Park Drive. The Local Government Center is located directly behind Home Depot and across the street from the Target department store.

Routes 4/202 East

Near Dexter Shoe take I-393/Routes 4/202 on-ramp. Take exit 3 and turn left at the top of the exit ramp, onto Route 106. Follow directions for Route 106 South.

Parking

LGC visitors can park directly behind the LGC building. The first section of parking closest to the building is for visitors. You can enter both the front and rear entrance of the building.