



Wellness Coordinator Training Session
October 13, 2016
8:30 AM – 12:00 PM



DMV Headquarters
Auditorium
23 Hazen Dr., Concord, NH 03301
(Directions on page 2)

Please park in lot behind DMV and enter front doors of facility

**Please R.S.V.P. to Mike Loomis at 271-4103 or Michael.loomis@nh.gov*

8:30 am **Registration & Resource Tables**

8:45 am **Let's Get Started!**

- Morning Stretch and Introductions

9:15 am **Welcome to the Dept. of Motor Vehicles**

9:30 am **Health Improvement Plan Update** – Michael Loomis, Dept. of Administrative Services

- Interventions and Activities for Weight Management, Physical Activity and Nutrition

9:50 am **Safety Update: Accident Investigation** – Alan Sylvester, Dept. of Administrative Services

10:00 am **Break**

10:15 am **Center for Health Promotion REACH Programs** – Valerie Ferland, MS-Concord Hospital

- Opportunities for worksite and community well-being classes and support
- Diabetes Prevention Programs
- Reimbursement benefit through the Community Health Education Program

10:45 am **Health Improvement Focus Group Work Session**

- Small breakout focus groups of 5-8 participants grouped according to number of employees
- Gather a list of health successes, barriers and improvements that will inform the HBC Workgroup about diabetes prevention, diabetes management, and depression.
- The findings will be used to help the HBC Workgroup to make plans for interventions and training

11:45 am **Session Evaluations-** Please complete your evaluation as the session goes along to allow you to provide detailed feedback of each topic presented. The Wellness Workgroup uses the evaluations to develop future training session topics.

12:00 pm **Well-Being Walk around Hazen Dr. Campus (Optional)** - Please join HBC Workgroup members and fellow wellness coordinators as we take a 20 minute well-being walk

Training Reminders.....

- 📞 *If you would like to host a training session at your agency, please call Mike Loomis at 271-4103*
- 📞 *Feel free to invite your Human Resource or Wellness Coordinator Committee Members to the training sessions*

**NH DMV Headquarters
Auditorium**
23 Hazen Drive
Concord, NH 03301

Directions

Take exit 14 off Route I-93 in Concord;
head east on Loudon Road;
at top of hill, turn left onto Hazen Drive at stoplight,
follow signs to DMV (second left).

Parking

Please park in the lot behind DMV. Enter the DMV through the front doors and proceed right,
down the hall to the Auditorium.