

THE WESTIN HARBOUR CASTLE
TORONTO, ON
Oct 4 – 6, 2011

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*Canada's Leading Conference
on Building Healthy Workplaces*



A Business Imperative

RAVE REVIEWS FOR PAST CONFERENCES DELEGATES EXPLAIN WHY THE 2011 HEALTH WORK & WELLNESS™ CONFERENCE IS UNDERLINED IN THEIR CALENDARS

There are myriad reasons why hundreds of delegates will be attending the 2011 Health Work & Wellness™ Conference being held at Toronto's Westin Harbour Castle Hotel from October 4 to 6. And those reasons are best illustrated through feedback from delegates who experienced the 2010 conference.

One delegate said it all in three short sentences. "Wonderful conference. Very enlightening. This is what wellness truly means to me," said Denise Gauvin, RN OHN, Corporate Wellness Coordinator for Irving Health Services.

Other delegates had a lot more to relate. "What a wonderful reaffirmation for the work we do," declared Sarah Hauch, Corporate Wellness Coordinator for air distribution company E. H. Price, after attending the 2010 Conference. "To be in a room filled with others dedicated to wellness in the workplace reinvigorated my soul and reminded me why I do what it is I do. What a joy!"

For many delegates, the 2010 Conference was one of many they had attended consecutively. Marcia Wiltse RN, Supervisor, Employee Health & Wellness for Saskatchewan Government Insurance, explained why the Conference is always marked on her calendar: "It's wonderful to know that by attending the Health Work & Wellness™ Conference each year we can actually rub shoulders with the leaders in the field. Wow, you don't get that in many circles!"

Marcia added: "Unfortunately, for people not into wellness the names of people I met at the 2010 conference don't mean a lot. But when I use an analogy, based on hockey, that it would be like saying I went to a conference on hockey and had a chat in the hall with Wayne Gretzky; shared jibes with Bobby Hull; had lunch with Bobby Orr; took a coffee break sitting across from Jacques Plante; and had wine and cheese and shared a job with Guy Lafleur – then they start to get the picture!"

Or the equally enthusiastic endorsement of Pauline Blais, Director of Human Resources, for the City of Guelph, who enthused that the conference afforded her "excellent exposure to best practices and latest research in this dynamic field of organizational health, wellness and productivity," adding:

"There were top notch keynote speakers, and well-designed and highly interactive sessions. It was a great opportunity to network nationally and learn from the perspectives of frontline professionals, policy makers and executives. I came aware inspired, appreciative of the milestones achieved and energized for this journey called a healthy workplace."

Other 2010 delegates were attending their first Health Work and Wellness™ Conference, including Scott Orth, National Leader Human Development for Golder Associates Ltd., of Toronto. He was "impressed with the quality of the speakers, given that this was my first Conference. I easily took away a number of 'gems' that I could take back and implement in our organization."

Quality of keynote speakers and the program were highlights for many other delegates, including Arunjit Gill, Employers' Advisor, Ministry of Labour and Citizens' Services for the B.C. Government. He noted that the

conference was "excellent and I enjoyed and learned so much from the calibre of all the presenters, keynotes speakers, etc. The information imparted was most interest, useful and practical."

For Arunjit, the annual Health Work & Wellness™ Conference is "a must attend for employers who keep abreast of ways to attain and maintain the coveted 'Employer of Choice' status."

The 2010 Conference bursary recipient, Nancy Roach, an Occupational Health Nurse/Educator with Shannex Orchard & Blomidon Courts, in Annapolis Valley, declared: "The conference gave me the information and tools I need to create change by thinking differently. I am especially interested in using the tools to advocate for an Employee Family Assistance Program," adding: "I am a firm believer that happy, healthy and knowledgeable employees form the basis of successful organizations."

Last word goes to Tanya Ponnan, Research Analyst, Labour Relations Department for the Greater Vancouver Regional District: "We too often get caught in the downward spiral of trying to achieve work-life balance, but the Health Work and Wellness Conference opened up a realm of possibilities that organizations and individuals can attain."

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