



## WORKSITE HEALTH PROMOTION WORKSHOP

**"Worksite Health Promotion Doesn't Need to be Complicated: Keep it Simple and Effective" - May 1, 2013- Best Western GranTree Inn Bozeman, Montana**

**Program Description:** The wellness industry is changing. Health Care Reform calls for employers to take action regarding employee wellness. However, if not implemented correctly, worksite wellness programs will fail to improve employee health and can waste employer time and money. Done well, these programs will become a valuable business strategy that adds to employee productivity and the bottom line. During this one day workshop, Dr. Steven Aldana, CEO of "Wellsteps" and a nationally recognized wellness expert, will show you how to create a wellness program and a healthy worksite culture that has both reach and impact for both small and large employers. Dr. Aldana's wellness books, *Culprit & The Cure* and *Culture Clash*, have sold more than 1 million copies and are used by more than 4,500 companies across the U.S. Also during the workshop, three Montana employers will be profiled, showing how these local employers successfully implemented wellness programs. Employers and business professionals will get step-by-step guidance on how to start and improve their own wellness programs and leave with the knowledge of what it takes to create a healthy worksite culture.

**Featured Speaker:** Steven Aldana, PhD, CEO Wellsteps, Mapleton, UT

Steven Aldana is one of the nation's foremost experts on healthy living and worksite wellness. During his more than 20 years in academia, Dr. Aldana authored more than 75 scientific papers and six books on health risk management, healthy living, and health promotion programs. Currently, Dr. Aldana is the CEO of Wellsteps, a worksite wellness solution that leads the nation in wellness program deployment and engagement.

**Who Should Attend:**

Health Promotion professionals responsible for implementing wellness strategies within their organizations. Attendees will include: Business Owners and Executives, Human Resource Professionals, Benefit Professionals, Health, Safety and Wellness Professionals, Public School Administrators, Educators, Insurance Professionals and Benefit Consultants.

Register today! Register at [montanaworksitewellness.org](http://montanaworksitewellness.org) or contact Linda Krantz ([lkrantz@mt.gov](mailto:lkrantz@mt.gov)) with any further questions.

