

## PLEASE JOIN US AT AVERY DENNISON FOR A REGIONAL WELLNESS COUNCIL MEETING



*Exercise is good for mind and body.*

### **Agenda**

8:00-8:15 Welcome and Introductions Linda Chandler, Avery Dennison and Steve Musgrave  
Wellness Council

8:15-8:35 Lake Health is a Healthy Ohio award winner - Sharon Minjares, Lake Health

8:35-8:45 What the Council can do for you- Steve Musgrave, Wellness Council of NE Ohio

### **Well Being includes Mind and Body**

8:45-9:00 Five Wellbeing Ideas to Boost Performance & Energize Employees-Sunny Klein Lurie, PhD. Advanced Performance, Inc.

9:00-9:15 Lessen the cost of chronic disease- Steve Pelton, Hchoices

9:15-9:30 Questions

## **August 16, 2016 8 am**

Avery Dennison, 250 Chester Bldg #1, Painesville, Ohio 44077.



### **WELLNESS COUNCIL OF NORTHEAST OHIO**

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