

Join us for an invite only Worksite Summit



Tuesday, Nov. 10, 2009 • 11:30 a.m.-1:50 p.m.
Holiday Inn of New Ulm (German Rivers Room)

About the Heart of New Ulm Project:

The Heart of New Ulm project (HONU) is a 10-year initiative designed to reduce, and eventually eliminate, heart attacks in New Ulm, Minn. The project is a collaborative partnership of Allina Hospitals & Clinics, the Minneapolis Heart Institute Foundation, the New Ulm Medical Center and the City of New Ulm.

Agenda

11:30 a.m. to 12:00 p.m.: Registration and Lunch

12:00 to 1:00 p.m.: Keynote speaker: Dee Edington, Ph.D.

1:00 to 1:15 p.m.: Windings presents Optimal Health Score

1:15 to 1:30 p.m.: Martin Luther College -Wellness Committee presents on developing a worksite wellness committee.

1:30 to 1:50 p.m.: Networking/Discussion (optional)

RSVP by Nov. 4, 2009

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Worksite Summit offered at no charge through the Heart of New Ulm Project.

Speakers Bio:

Dee Edington, Ph.D



Director of the University of Michigan Health Management Research Center, D.W. Edington is also a Professor in the Division of Kinesiology at the University of Michigan and a research scientist in the School of Public Health. Dr. Edington is the author or co-author of over 500 articles, presentations, and several books, including *Biology of Physical Activity*, *Biological Awareness*, *Frontiers of Exercise Biology*, *The One Minute Manager Gets Fit* and the 2nd edition, *The One Minute Manager Balances Work and Life*.

Dr. Edington's teaching and research focus on the relationship between healthy lifestyles, vitality and quality of life, as they benefit both individuals and organizations. He is specifically interested in how individual health promotion, worksite wellness activities and programs within organizations impact health care cost containment, productivity and human resource development.

