

EPIC LIFESTYLES



2015 WELLNESS WEBINAR SERIES

EPIC is pleased to share our upcoming 2015 Lifestyle Wellness Webinar series. Our topics are planned to meet employer needs and interests identified in a recent client survey on the quarterly webinars. Thank you to all who responded; we appreciate your feedback and have aligned 2015 topics based on survey results.

We will focus 2015 webinars on developing a positive corporate culture and strategic planning to lay the groundwork of a successful and engaging wellness program. Once again Dr. Ryan Krch will assist in presenting EPIC Lifestyle webinars by speaking at two in 2015. He will update everyone on a few of his past health topics and tackle selected new wellness issues. The other two webinars will be presented by EPIC wellness consultants.

The 2015 EPIC Lifestyles Webinar schedule is included below, along with a high level summary of what to expect from the presentation. As always, feel free to take notes, ask questions, and engage in the presentations. We want to be sure to address all participant questions and needs.

Before each webinar, we will send out an invitation from which you can register to participate. We look forward to sharing useful ideas and information in 2015!

2015 EPIC LIFESTYLE WELLNESS WEBINARS:

1ST QUARTER

Dr. Ryan Krch and Craig Schmidt – EPIC Wellness Consultant
Tuesday, February 24, 2015

Driving Employee Accountability: Weight Normalization As An Example

Create accountability from the individual level by utilizing leadership attributes of your employee base. Goals of this approach include employee acceptance of responsibility, a supportive community, positive examples, and having informed resources, tools, and services available. The presentation lists the attributes of a leader, and relates them to the specific area of Weight Normalization. This approach creates habits, not just temporary fixes. Research clearly shows dieting is not a sustainable method for weight loss for the vast majority of people; yet it is the most common approach taken. Dr. Krch will discuss specific cravings and what people can do to combat them and, more importantly, develop an easier, sustainable approach to attaining a more ideal weight.

2ND QUARTER

EPIC Consultant Team

Tuesday, April 21, 2015

Developing a Healthy Culture and Supportive Environment at the Worksite

We will further detail and follow-up our webinar from Q1 and take it to another impactful level. Wellness should not be thought of as a side activity within a company. The opportunity for employees to participate in their own health while at the workplace and be supported as they do so is valuable in creating change. This presentation will help employers identify those natural born leaders who are already in the work place. By engaging these individuals, employers can lay the ground work of a positive, healthy, and engaged corporate culture. Employers will want to utilize these leaders' proficiencies, and in doing so will be giving more value to the work they are doing. Many other workplace policy and environmental enhancements, both small and large, can be instrumental in bringing health to work. Let's establish a culture and environment the breeds long-term behavior change.

3RD QUARTER

Dr. Ryan Krch

Tuesday, August 18, 2015

Sleep and Stress: How to Manage Them and Make Them Work for Health

Poor sleep reduces the ability to perform, which increases stress and adversely affects performance. Too much stress suppresses the immune system, making people more vulnerable to infections and cancer. Too little sleep also contributes significantly to accidents and weight gain. It can seem like a tough cycle to break, but in this presentation will show some simple steps to help improve sleep and manage stress.

4TH QUARTER

EPIC Consultant Team

Tuesday, October 20, 2015

Wellness Communication and Engagement

Employee surveys are an essential part of engaging the workforce in wellness programs. In addition, employers need to consider other strategies to better communicate wellness and involve employees at a level that will make a measurable difference in their health. For example, high dollar incentives may backfire, and other strategies can be more effective for long-term behavior change that builds from within, rather than as a response to external rewards. These include goal setting, motivational interviewing, giving feedback, and providing role models. A symphony of evidence-based communication and engagement strategies sets the groundwork for an effective wellness program.