

Conference Location

The 2008 Wellness Conference will be held at the Harraseeket Inn, in Freeport, Maine.

Directions:

From the North:

Take I-95 South toward Portland. Merge onto I-295 South via Exit 103 toward ME9/Gardiner/ME-126/Brunswick. Take Exit 22, Freeport. Take a right off the exit. Follow 1/2 mile to a stop light, the Harraseeket Inn will be directly in front of you.

From the South:

Take I-95 North to Exit 52 Falmouth. Go through tollbooth and take the exit for I-295 North. Take Exit 22, Freeport. Take a left off the exit. Follow 1/2 mile to stop light, the Harraseeket Inn will be directly in front of you.

The address for the Harraseeket Inn is 162 Main Street; Freeport, Maine. If you get lost, the Harraseeket Inn phone number is 865-9377.

For those traveling long distances: up to \$50 per person may be requested under the Wellness Incentive Grant to help defray the cost of overnight accommodations.

WELLNESS CONFERENCE REGISTRATION FORM

20th Annual Wellness Conference

A free conference open to worksite wellness committee members.

Name: _____

E-mail: _____

Name: _____

E-mail: _____

Municipality/Group: _____

Phone: _____

Address: _____

Only two attendees per group please! If you register to attend and then are unable to make it, please send a substitute or let us know so we can make arrangements to fill your slot. Your attention to this detail is greatly appreciated.

Please return your registration forms by Monday, September 8 to: Anne Charles, MMEHT - Wellness Works ; 60 Community Drive; Augusta, ME 04330 E-mail: acharles@memun.org Fax: 621-0165



Wellness Works presents....

ATTRACTING
THE LIFE YOU
WANT



20th Annual Wellness Conference
Tuesday, September 16, 2008
Harraseeket Inn
Freeport, Maine

Maine Municipal Employees Health Trust
1-800-452-8786
www.mmeht.org

Agenda

8:00 a.m. Registration and Continental Breakfast

8:30 a.m. Welcome - Anne Charles, Health Promotion Manager

8:40 a.m. Keynote Address - Deborah Bergeron, Personal Life Coach

Attracting the Life You Want

Our thoughts and feelings are powerful magnets, by which we attract people, opportunities, circumstances and outcomes into our lives. Here you will be given practical tools and processes that can be used on a daily basis to release resistance and assist you in creating prosperity in all areas of your life.

In this workshop you will learn to:

- Apply the principles of the Law of Attraction to consciously create your life
- Identify core beliefs and patterns that limit you
- Stop attracting things you don't want
- Set clear and compelling goals
- Be energized and inspired to take action

* There will be a 20-minute break during the morning session.

11:30 a.m. Updates - Anne Charles

This session will showcase some new happenings with *Wellness Works*.

12:00 p.m. Lunch/Free Time

1:00 p.m. Group Session -

Donna Downing, MS,OTR/L

What You Should Know About Mental Illness In the Workplace

Objectives:

1. Participants will learn about the prevalence of mental illness in the workplace and ways to minimize its effects on productivity.
2. Participants will learn specific signs and symptoms of the most prevalent mental illnesses and their impact on the employee (individual with illness or family member of someone with illness).
3. Participants will learn what employers or human resource staff can do to support the employee and family (available community resources, work site accommodations, etc.) and still maintain privacy/confidentiality.

2:30 p.m. Wrap-up and Adjourn

A quick farewell with the distribution of goodie bags to keep you energized for your ride home. An iPod will be raffled off - you must be present to win!

Deborah Bergeron— Deborah's background includes a BA in education from the University of New Hampshire and over 20 years in sales, sales management, team building and leadership for a fortune 500 Company. She earned her credentials as a Certified Professional Co-Active Coach (CPC) from The Coaches Training Institute and her Associate Certified Coach (ACC) certification from the International Coach Federation. Deborah received additional leadership training from the Ford Institute of Integrative Coaching.

Deborah lives in Falmouth with her husband of thirty years. She has three amazing grown sons. In addition to treasured time with family and friends, she also enjoys walking on the beach, reading, writing, photography, hiking and partnering with people who are enthusiastic, creative and willing to share their most authentic self with others.

Donna Downing— Donna, MS, OTR/L has her undergraduate and post-graduate degrees in occupational therapy from the University of New Hampshire. For over 20 years, she has specialized in the field of psychiatry, working in long term, acute care, and community settings. In December 2000, she became the clinical team leader of the Portland Identification and Early Referral (PIER) Program, a treatment research project working with young people who are showing early signs of psychotic illness. Ms. Downing is presently the Director of Training for the Robert Wood Johnson Foundation project called EDIPP (Early Detection and Intervention for the Prevention of Psychosis Program). Ms. Downing has been a family psychoeducation trainer for the past 11 years and has co-facilitated multifamily groups during that entire time. She has taught undergraduate and graduate occupational therapy students about mental health at USM and the University of New Hampshire.