



WELL WORKPLACE UNIVERSITY

Building a Successful Employee Wellness Program

With rising health care costs, the growing need for competitive advantage, and the stresses of our changing world, there has never been a better time to maximize the health and productivity of your most valuable asset—your employees. Whether you’re beginning a new program or wondering how to breathe new life into an already existing one, this workshop is for you! Key components include:

- ★ The seven basic steps that drive the entire process of building a “Well Workplace”
- ★ A proven blueprint for success based on the best practices of employers nationwide
- ★ Specific ideas, examples, and resources you can use at your worksite

Brought to you by the Wellness Councils of America and its local affiliate, the Wellness Council of Wisconsin, in partnership with Mortenson, Matzelle & Meldrum, Inc.

Fax or email responses to:
Mortenson, Matzelle & Meldrum, Inc.
Kathy Wirtz fax 608-273-1443
kathyw@mmins.com

Please RSVP at least one week prior to event, as space is limited.

Workshop Fees:

M3 Clients	Cost paid by M3
Wellness Council Members	\$39
Non-Member & Non-Client	\$59

Make checks payable to: Wellness Council of Wisconsin
Call Wellness Council to pay by credit card, 414-291-9355

For your convenience, a number of workshop times and locations have been scheduled. Please choose the site that best fits your needs.

MADISON

Mortenson, Matzelle & Meldrum, Inc.
3113 W. Beltline Highway
Madison, WI 53713
Tuesday, July 13
8:30am - 3:00 pm
Registration: 8:00 am

LAKE GENEVA

Abbey Springs
One Country Club Drive
Fontana, WI 53125
Thursday, July 15
8:30am - 3:00 pm
Registration: 8:00 am

GREEN BAY

Radisson Inn
2040 Airport Drive
Green Bay, WI 54313
Thursday, July 22
8:30am - 3:00 pm
Registration: 8:00 am

MADISON

Mortenson, Matzelle & Meldrum, Inc.
3113 W. Beltline Highway
Madison, WI 53713
Thursday, July 29
8:30am - 3:00 pm
Registration: 8:00 am

WAUSAU

Best Western Midway Hotel
2901 Martin Avenue
Wausau, WI 54401
Thursday, August 5
8:30am - 3:00 pm
Registration: 8:00 am

Fee includes continental breakfast, lunch, materials and certificate of completion.

Meet Our Speaker

Deborah Seyler
Executive Director

Deb Seyler is executive director of the Wellness Council, the Wisconsin affiliate of Wellness Councils of America (WELCOA). WELCOA is one of the country's most trusted voices on workplace health promotion. The Wisconsin Wellness Council based in Milwaukee, has grown from 30 corporate members in 1986 to over 180 members in 2004 under Deb's leadership. In addition to running the day-to-day affairs of the Wellness Council, Deb regularly teaches daylong Well Workplace Universities for employers throughout the State of Wisconsin.

Deb has an MBA from the University of Wisconsin and a BA from Northern Illinois University. She has nearly 30 years of experience in business and health related fields including 18 years as executive director of the Wellness Council.