



# 2017 Annual Meeting

September 21, 2017

Southern Maryland Higher Education Center

## Information & Registration:

<http://healthystmarys.com/hsmpannual2017>

## Session for Business Leaders

### Building a Healthier Workforce

David Johnson, Vice President, Segal Consulting and Adjunct Professor, Towson University, will discuss strategies employers can implement to boost profits through building a healthier, more productive workforce.

Learn practical tips to garner senior management support, create a healthier work environment, harness employees' own intrinsic motivation to change and build sustained healthy habits.

Using examples from high performing organizations, as well as research in behavior change, our speaker will highlight how employers can effectively transition from sporadic, activity-based programs to "cultures of health" which support ongoing health improvement – and generate improved financial performance.



8:00 a.m. – 12:00 p.m.  
Main Conference

12:00 p.m. – 1:00 p.m.  
Networking, Poster  
Session & Data  
Review

1:00 p.m. – 3:00 p.m.  
Special Session:  
The Maryland  
Opioid Crisis

## Current Southern Region Healthiest Maryland Businesses:

Arrow American Pest & Termite  
Be Happy Be Healthy  
Calvert County Health Department  
Calvert Health System  
Calvert Hospice  
Cambridge Pediatrics  
Center for Children  
Charles County Dept. of Health  
Charles County Depts. Of Social Svcs.  
Charles County Government  
Charles County Public Schools  
College of Southern Maryland  
Community Bank of Tri-County  
Gentle Family Dentistry, LLC  
Health Partners, Inc.  
Hospice of Charles County  
Jazzercise Charlotte Hall  
LK Deal Electric  
LifeStyles of Maryland Foundation  
Longevity Studios  
MedStar St. Mary's Hospital  
The Medically Oriented Gym @ GPT  
Plan-It-4-U Event Planning, LLC  
Poston's Fitness for Life  
Recorded Books, Inc.  
SMECO  
Spring Dell Center  
St. Mary's County Government  
St. Mary's County Health Dept.  
St. Mary's Nursing & Rehab. Center  
Svetness Fitness and Nutrition  
The Wills Group  
Town of Chesapeake Beach  
Trinity Fitness  
United Way of Calvert County  
UM Charles Regional Medical Center  
Walden Sierra  
World Gym La Plata  
World Gym, St. Mary's  
**and counting!**

*List current as of June 2017*



**Healthiest Maryland Businesses** (HMB) is a state-wide initiative to increase the health of Maryland employees. Businesses who join Healthiest Maryland Businesses are taking the first step towards creating an environment that supports healthy employees.

CEOs and leaders who join **Healthiest Maryland Businesses** are taking the first step towards creating an environment that supports healthy employees, an economic driver of your business' fiscal health.

## The Rewards

**By joining the Healthiest Maryland movement, you will receive:**

- Consultation with certified worksite wellness specialists
- Access to the Healthiest Maryland Businesses e-newsletter
- Educational training events, including CDC's Work@Health Employer Training
- Direct connection to evidence-based workplace wellness resources
- Peer-to-peer support from neighboring businesses
- Promotion as a member in this leading, statewide initiative, including the use of the HMB logo

## How to Join

1. Visit [healthiestmdbusinesses.org](http://healthiestmdbusinesses.org)
2. Click "Join" to take the [CDC Worksite Health ScoreCard](#),

## Contact

**Angela Deal, CHES®**, CWWS  
**Regional Coordinator (Charles, Calvert, St. Mary's)**  
Charles County Department of Health  
Tel: 301-609-6885  
Angela.deal@maryland.gov  
Healthiestmdbusinesses.org

