

2012 HASC HEALTH CARE PROVIDER WELLNESS CONFERENCE

Thank You 2012 Health Care Provider Wellness Conference Attendees and Sponsors

HASC hosted its second annual Health Care Provider Wellness Conference June 14-15 at the Hilton Los Angeles / Universal City. Addressing both the need for worksite wellness programs and strategies for implementing them successfully, the conference provided information on the growing evidence of wellness programs' ability to reduce injuries, health care costs and absenteeism while increasing productivity and job satisfaction.



HASC's president and CEO Jim Barber welcomes attendees, citing the value of worksite wellness education.



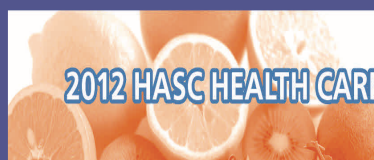
Above: The audience remained engaged as they participated in an Instant Recess. Below: The California Wellness Foundation's President/CEO Diana Bontá, DrPH, addresses the impact of wellness on communities.



Representatives from California health care organizations as well as well from national and international organizations heard from respected leaders in the industry, including Diana Bontá, president/CEO of The California Wellness Foundation; Brian Cole of the UCLA School of Public Health; Dee Edington, director of the Health Management Research Center; Dr. Rajiv Kumar, founder of ShapeUp; and Christopher Scanlan, director with Arnold & Porter.

Drilling down to the economic benefits of workplace wellness, speakers highlighted the fundamentals of a sustainable program: senior leadership involvement, operations leadership, self-leadership, rewarded actions, and quality assurance; and the ways in which successful programs employ strategic vision, a systematic strategy and systemic solutions to become part of the organizational culture.

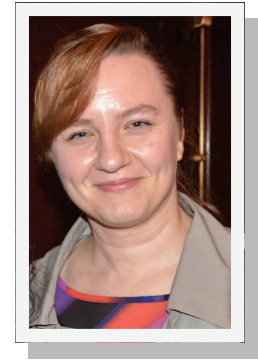
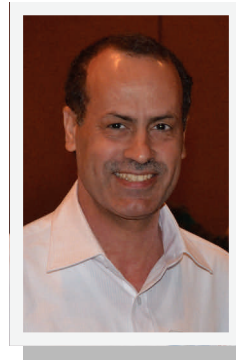
Various wellness activities throughout the event—from laughter yoga to an early morning walk, to the team-based ShapeUp walking challenge—kept attendees engaged while helping to demonstrate the value of staying active.



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Linda and Paul Vosti, St. Joseph's Medical Center.



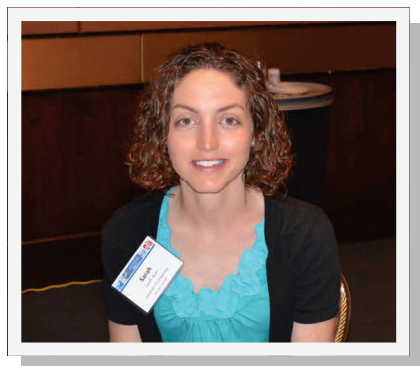
Left to right: International attendees Nassir Al Zahid, King Fahad Specialist Hospital, and Zorica Babic, Melbourne Exercise Therapy.



Cal HOSA students with HASC's VP of Human Resources Services Teri Hollingsworth and Paul Celuch, Conference Chair and VP, Human Resources and Support Services at Verdugo Hills Hospital.



Brian Cole, DrPH, of UCLA's Environmental Health Department.



Left: Sarah Auer, Lockton Companies.

Right: Dr. Rajiv Kumar of ShapeUp, Curtis Chow, Dignity Health, and Diana Marquez, Cedars-Sinai HOSA.





Below: Attendees at the breakout session, "Living the Good Life: A Snapshot of MemorialCare Health System's Employee Wellness Program," take an activity break.



Above: Martin Wiech leads group in laughter yoga exercises.



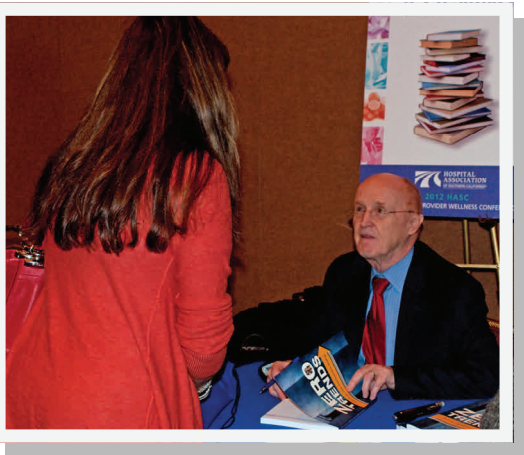
Below and right: Dinner at Samba where attendees enjoyed traditional Brazilian cuisine, Samba dancers and an outdoor patio.





Above: Representatives from USI Insurance Services.

Below: Exhibitors connect with an audience of nearly 200 attendees.



Above: Dee Edington signs his book, *Zero Trends: Health as a Serious Economic Strategy*, for attendees.

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View more photos online at <http://bit.ly/KkUzBj>.

See you at next year's Health Care Provider Wellness Conference June 13-14 in San Diego. For more information, please contact:

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