

MEDIA ADVISORY

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Wellness: Breaking Through the Barriers
2016 Health Care Provider Wellness Conference

June 9-10, 2016, Cape Rey Carlsbad, a Hilton Resort, Carlsbad (San Diego County), Calif.

LOS ANGELES (May 25, 2016) – The 2016 Health Care Provider Wellness Conference, presented by the Hospital Association of Southern California (HASC), the Hospital Association of San Diego and Imperial Counties, and the Hospital Council of Northern and Central California. The conference theme, *Breaking Through the Barriers*, will feature high-caliber speakers who will offer practical tips and share valuable information about best practices and cutting edge strategies to maximize engagement and outcomes.

This year's keynote speaker is wellness pioneer John Harris, a managing partner with Performance pH, a business-results consulting firm in Lincoln, Neb. Harris's presentation, titled *Employee Wellbeing: Impacting Cost, Engagement, Vitality, and Business Performance in History* will provide a state-of-the-field report, including exciting research linking wellness to business results, to kick off the two-day event.

To view the full agenda, speaker bios and additional information, please visit: www.hasc.org/2016-hasc-health-care-provider-wellness-conference

Two days prior to this year's conference, also at the Cape Rey Carlsbad, Larry Chapman, MPH, will facilitate the Chapman Institute/WellCert's wellness certification program. The Certified Wellness Program Coordinator (CWPC), or WellCert Level 1 course, covers key skills that professionals need to build a foundation for results-driven wellness programming. Participants may register for the wellness certification program, the wellness conference, or both for a bundled package rate.

Why all the focus on wellness? "Wellness programs help protect an employer's No. 1 asset," said Dr. Olivia Moses, Wellness Committee Chair and Wellness Program Administrator with Loma Linda University Health. "In a hospital setting, wellness programs have the honor of caring for caregivers, and as research shows, everything from patient care and the bottom line improves with these efforts."

In addition to wellness activities and a fun walk/run, this year's program will feature the restorative power of sleep, the efficacy of mindfulness, the need to build a supportive culture for wellness, legal issues relevant to the field and other timely topics.

"HASC is again proud to co-host the annual Health Care Provider Wellness Conference," said Teri Hollingsworth, vice president, Human Resources Services, HASC. "What's exciting this year is the range of speakers who are set to bring new and innovative ideas to this quickly-accelerating field."

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About the Hospital Association of Southern California

The Hospital Association of Southern California (HASC), founded in 1923, is a not-for-profit 501(c)(6) regional trade association. HASC is dedicated to serving the political, economic, informational and educational needs of hospitals and to help improve the quality and accessibility of health services. Visit www.hasc.org for more information.