

Laura Ritzler, RN, BSN, MS, Director of Wellness, ProMedica.

Bachelor's in nursing, Bluffton College; Master's in Health Care Administration, Bellevue University. Has worked for ProMedica for over 35 years with 25 years in management roles. Responsible for the ProMedica Total Wellness departments which provides employee, worksite and community wellness services.

Program Title: Seven Key Strategies for Successful Worksite Wellness

Intended Audience: Employers, Human Resource, Safety Officers, Wellness Coordinators, Wellness Committee members

Objectives:

- Explain the rationale for providing wellness programs at the worksite and what are the newest approaches to wellness.
- Describe seven key worksite wellness strategies with practical examples for implementation.
- List free or low-cost worksite wellness resources.