



Meeting Agenda

Thursday, March 8th, 2018

8:30–9:30 a.m.

Rice Conference Room, Tompkins County Health Department

Light refreshments

1. Welcome 8:30
2. Introductions & Announcements from participants
3. Open discussion:
 - Ideas to share from your workplaces
 - Struggles and problem solving
4. Presentation:
 - **Worksite Wellness: What Really Works** 9:00
Ruth Merle-Doyle, Health & Wellness Specialist, Cornell Wellness
5. Wrap-up: Comments, Reflections 9:25
6. Adjourn 9:30

WORKSITE WELLNESS: WHAT REALLY WORKS

Ruth Merle-Doyle, Health & Wellness Specialist, Cornell Wellness

Ruth will take you through Cornell Wellness's huge successes and epic fails over 25+ years of reaching out to employees through worksite wellness programming. Categories include, how to get more people to participate, how to reach underserved populations, and how to create a personal connections. In addition to sharing what Cornell has done, this will also be a great time to learn what we have all tried --- successful and not so much --- in our effort to engage employees.

Next meeting: Thursday, May 10, 2018