

Watch Out!



for more new & exciting
upcoming seminars!

Accident Investigation:
Solving the Right Problem
January 26, 2012

Members' Orientation
to the Trust
February 24, 2012



Supervisory Skills
Training Series:
1 Interviewing Skills
March 1, 2012



OSHA Bloodborne Pathogens
and Public Health Concerns
March 13, 2012

National Safety Council
Defensive Driving 4-hour Course
March 27, 2012



Everything an Employer
Needs to Know About Employee
Retirement Plans
April 12, 2012



866 North Main Street Extension
Wallingford, CT 06492-2419

DIRECTIONS TO THE TRUST

Traveling I - 91 North – Take Exit 15. At the end of the exit ramp, turn left onto Route 68 West. Proceed to 7th traffic light (intersection of Route 68 and North Main Street Extension). Take a left turn onto North Main Street Extension. At the first traffic light, take a left into driveway of 860/866. At the top of the hill proceed to the building straight ahead.

Traveling I - 91 South – Take Exit 15. At the end of the exit ramp, turn right onto Route 68 West. Proceed to 6th traffic light (intersection of Route 68 and North Main Street Extension). Take a left turn onto North Main Street Extension. At the first traffic light, take a left into driveway of 860/866. At the top of the hill proceed to the building straight ahead.

Wilbur Cross Parkway (Route 15 Going North) Exit 66
At the end of the exit ramp, turn left onto Route 5 South. Proceed approximately ¼ mile to the 3rd traffic light, following signs to Route 68. At top of hill, turn left on Route 68 East. At first traffic light, turn right onto North Main Street Extension. At the first traffic light, take a left at the driveway of 860/866. At the top of the hill proceed to the building straight ahead.

Wilbur Cross Parkway (Route 15 Going South) Exit 66
At the end of the exit ramp, turn left onto Route 5 South. Proceed approximately ¼ mile to the 5th traffic light, following sign to Route 68. At top of hill turn left on Route 68 East. At first traffic light, turn right onto North Main Street Extension. At the traffic light, take a left at the driveway of 860/866. At the top of the hill proceed to the building straight ahead.

From Interstate 84: Exit 27
Proceed on Route 691 East to the Wilbur Cross Parkway Southbound and follow directions above.

ACCESSIBILITY NOTE: *If you require auxiliary aids or services to attend this program, please contact us in advance at (203) 678-0123.*



Wellness Programs
Help Prevent
Employee Injuries



**Wednesday
February 8, 2012
9:00 AM – 12:00 PM**

Members
No Cost

Value
\$50

Wellness Programs Help Prevent Employee Injuries

WEDNESDAY, FEBRUARY 8, 2012

8:30 AM - 9:00 AM	Registration
9:00 AM - 12:00 PM	Program

This seminar provides the most recent information on the benefits of employee wellness programs. Speakers will share information on how improved employee wellness can positively impact an aging workforce, and the effect of poor lifestyle choices. This seminar will provide an overview about wellness, its potential impact on reducing growing costs and absenteeism related to poor health, and occupational injury. Additionally, attendees will be provided information on establishing programs for your organization.

What You Will Learn

- What is wellness?
- What is the current wellness level of most workplaces?
- What is the impact of poor lifestyle choices on employee health, and injury recovery?
- How can wellness programs reduce health care and occupational injury costs?
- How do you get started on easy wellness programs at your workplace?

Who Should Attend

- Human Resources
- Business Owners
- Administrators
- Executive Directors
- Risk Managers
- Safety Committee Members
- Directors of Nursing/Health

Presenters

Brian S. Downs, Vice President, Quality & Provider Relations, Workers' Compensation Trust

Brian joined the Trust in 2004. His responsibilities include overseeing claims, utilization review, provider relations and medical payment functions of the Trust. Mr. Downs has over 23 years experience in the workers' compensation insurance industry in both private and healthcare sectors. Mr. Downs holds a Masters Degree in Justice and Law Administration from the University of New Haven.

Dr. Christopher Z. Lachowski, Natural Family Health

Dr. Lachowski is a chiropractic family physician specializing in the practice of holistic natural medicine and is licensed as a chiropractic physician, DC, by the State of Connecticut since 1988. He has certification in radiology, acupuncture and physiotherapy and postgraduate training in natural medicine and herbology. He is Board Certified in Occupational Health serving as an Occupational Health Consultant, working with industry to design occupational health and wellness programs.

Janet O. Welch, Human Resource Manager, American Ambulance Service, Inc.

Janet has been the Human Resources Manager for American Ambulance Service, Inc., in Norwich, CT since 2003. Prior to this, Janet co-owned her own business for ten years. Janet serves as a Board Member for the Human Resources Legislative Association of Eastern Connecticut, and is an active member of the Society of Human Resources Management.

This program has been approved by LEADING AGE™ Connecticut (Formerly CANPFA) for 2.75 Contact Hours for Nursing Home Administrators.

Wellness Programs Help Prevent Employee Injuries

February 8, 2012

9:00 AM - 12:00 PM

REGISTRATION FORM

Name of Organization: _____

WC Policy Number: _____

Name 1: _____

Title _____

Phone _____

Email _____

(confirmation of registration will be emailed within 48 hours)

Name 2: _____

Title _____

Phone _____

Email _____

Name 3: _____

Title _____

Phone _____

Email _____

TO REGISTER

1. Go online to www.wctrust.com and click on "Enroll in Education Program"
2. Complete this form and fax to Jennifer Garnett at (203) 678-0323 or email it to garnett@wctrust.com
3. Call Loss Control Services with questions at (203) 678-0123