March 27 - 31, 2017  |  Colorado Springs, CO

Core Conference: March 29-31, 2017
Intensive Training Seminars: March 27 & 28, 2017

— Conference Theme —
Awareness, Motivation, Skills and Opportunity
What is the Right Mix?

27th Annual
ART & SCIENCE
of Health Promotion Conference

Keynote Speakers

MARION NESTLE, PhD, MPH
New York University, author of Food Politics

VICTOR J. STRECHER, PhD, MPH
University of Michigan, author of Life on Purpose

Learn  |  Connect  |  Share
It is my pleasure to invite you to join us for the 27th Annual Art and Science of Health Promotion Conference at The Broadmoor in Colorado Springs.

Over the course of the conference, you will participate in sessions presented by the top scientists and practitioners in the field. Plus, you will have an abundance of opportunities to be involved through interactive discussions, networking sessions, fitness activities and social events.

You will return home equipped with practical strategies and research backup to make your programs and your work more effective and you will have a renewed sense of commitment and passion knowing that others like you are working to make a difference.

I look forward to seeing you at The Broadmoor.

MICHAEL P. O’DONNELL, PhD, MPH, MBA
Program Chair, Art & Science of Health Promotion Conference
CEO, Art & Science of Health Promotion Institute

Conference Features

Keynote addresses that will inspire and motivate
Concurrent sessions by top scientists and practitioners
Preconference Intensive Training Seminars
Research reports, program descriptions and panel discussions
Networking opportunities • Fitness activities

Learn from the Best in Health Promotion

Join more than 600 other professionals who have a passion for health promotion — individuals who represent the most successful programs in workplace, clinical, educational and community settings. This is your opportunity to meet them, learn from them, share experience, connect and collaborate.
Three decades of research and practice have confirmed that educating people on the benefits of healthy lifestyle are insufficient to motivate people to adopt or maintain positive lifestyle habits. Although the evidence is not yet in, it is unlikely that wearable devices, apps, or financial incentives will have much impact… if they are one-off, stand-alone approaches.

However, there is growing evidence that systematic approaches do work, especially when they include improving awareness of the benefits of healthy lifestyle, enhancing motivation to form and maintain positive habits, building the skills necessary to perform new behaviors and creating opportunities that make the healthy choice the easiest choice. But what do we know about the relative importance of each of these four elements, or even the most effective approaches within them?

Very little. This conference will explore both of these questions.
"I learned so much and it was great to collaborate with others to hear what they’re doing. I felt very engaged and excited going back to work after the conference."

Corissa Payton, MA, CHES, EPC, Health Promotion Coordinator, CaroMont Health

<table>
<thead>
<tr>
<th>Conference Schedule</th>
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<tr>
<td>This tentative schedule provides you with an overview of daily activities to help you plan your trip. Details are subject to change. Visit HealthPromotionConference.com for detailed schedule updates.</td>
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<tr>
<th>Monday, March 27</th>
<th>9:00 am – 5:00 pm .......... Intensive Training Seminars</th>
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<tbody>
<tr>
<td>Tuesday, March 28</td>
<td>9:00 am – 5:00 pm .......... Intensive Training Seminars</td>
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<td>5:00 pm – 6:00 pm .......... Core Conference Orientation and Welcome</td>
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| Wednesday, March 29 | 6:30 am – 7:30 am .......... Activity Sessions |
|                     | 8:00 am – 5:00 pm .......... Exhibits |
|                     | 9:00 am – 10:45 am .......... Opening Keynote / General Session |
|                     | 11:00 am – 12:05 pm .......... Concurrent Sessions |
|                     | 1:45 pm – 2:50 pm .......... Concurrent Sessions |
|                     | 3:15 pm – 4:20 pm .......... Concurrent Sessions |
|                     | 4:45 pm – 5:45 pm .......... Plenary Panel |
|                     | 6:00 pm – 7:00 pm .......... Activity Sessions |
|                     | 7:00 pm – 8:00 pm .......... Welcome Dinner |

| Thursday, March 30 | 6:30 am – 7:30 am .......... Activity Sessions |
|                    | 8:00 am – 5:00 pm .......... Exhibits |
|                    | 9:00 am – 10:45 am .......... Keynote / General Session |
|                    | 11:00 am – 12:05 pm .......... Concurrent Sessions |
|                    | 12:15 pm – 1:45 pm .......... Poster Presentations |
|                    | 1:45 pm – 2:50 pm .......... Concurrent Sessions |
|                    | 3:15 pm – 4:20 pm .......... Concurrent Sessions |
|                    | 4:45 pm – 5:45 pm .......... Launchpad 2017 Startup Competition |
|                    | 6:00 pm – 7:00 pm .......... Activity Sessions |
|                    | 7:00 pm – 10:00 pm .......... Dinner Gang |

| Friday, March 31  | 6:30 am – 7:30 am .......... Activity Sessions |
|                  | 9:00 am – 10:45 am .......... Keynote / General Session |
|                  | 11:00 am – 12:05 pm .......... Concurrent Sessions |
|                  | 12:15 pm – 1:45 pm .......... Poster Presentations |
|                  | 1:45 pm – 2:50 pm .......... Concurrent Sessions |
|                  | 3:15 pm – 4:15 pm .......... Fun Stuff |
|                  | 4:15 pm – 5:15 pm .......... Farewell Reception |

The educational programming schedule and social events noted in this brochure are subject to change. Please visit www.HealthPromotionConference.com for conference program updates, schedule changes and new offerings.
about Keynote Speakers

Food Politics: Making it Work for Health Promotion

Adequate, nutritious food is critical to promoting health and preventing disease yet many factors in society act as barriers to healthy food choices. Personal tastes matter, but so do food availability and its cost. The U.S. food industry generates more than one trillion dollars in annual sales and any advice to choose one food over another has financial implications. Hence: politics. This presentation will cite examples of political interference in advice about healthful diets and suggest ways to advocate for making the healthy choice the easy choice.

Dr. Marion Nestle is a consumer advocate, nutritionist, award-winning author, and academic who specializes in the politics of food and dietary choice. Her research examines scientific, economic, and social influences on food choice and obesity, with an emphasis on the influence of food industry marketing. Her books explore issues like the effects of food production on dietary intake, food safety, and access to food and nutrition.

Dr. Nestle is the author of the classic Food Politics: How the Food Industry Influences Nutrition and Health, now in its third edition.

Life On Purpose: How Living for What Matters Most Changes Everything

Aristotle and other Greek philosophers argued that we have human agency, that we are who we choose to be, so we should be very careful who we choose to be. Yet even modern humans often seem to live as if on automatic – as if we have no choice in the matter. Can we help people actively design purposeful lives worth living?

Dr. Vic Strecher reconsiders directions taken in the health and wellness space and discusses new strategies and new outcomes for our field. From the considerations of ancient philosophers through the most modern theories, scientific evidence, technologies, and design thinking, Vic explores the next generation of programming in our field.

Dr. Strecher is the author of Life on Purpose: How Living for What Matters Changes Almost Everything.

“I love this conference. I always meet so many amazing people, hear so many amazing speakers and it inspires me and fuels me to go back to work and apply everything I have learned.”

Heather Hughes, MS, CHES - Product Manager, Wellness, Premise Health

“Great variety of speakers and sessions. Loved the sessions and networking opportunities! Even though I came alone, there were plenty of opportunities to meet others.”

Rachel Duerr, MS - Coordinator of Health & Wellness, District 49
Breakout Sessions: Educational Tracks and Faculty

Concurrent sessions are organized into tracks. Sessions will be scheduled to allow you to attend many of the sessions in a track if you wish.

**TRACKS:**
- AMSO
- MOTIVATION
- SKILLS
- OPPORTUNITY
- OPPORTUNITY - CULTURE

**The Role of Culture in Awareness, Motivation, Skills & Opportunity**

**Judd Allen, PhD**
President, Human Resources Institute

**Superchargers — Best Technologies for Sustained Engagement**

**David R. Anderson, PhD, LP**
Chief Health Officer, StayWell

**Wellness Incentives: Can They Work? Are They Worth It?**

**David R. Anderson, PhD, LP**
Chief Health Officer, StayWell

**Five Key Coaching Skills for Motivating Sustainable Lifestyle Improvement**

**Michael Arloski, PhD, PCC, CWP**
Founder and CEO, Real Balance Global Wellness Services, Inc.

**Mastering The Skills and Craft of Health & Wellness Coaching: Higher-Level Methods And Skills**

**Michael Arloski, PhD, PCC, CWP**
Founder and CEO, Real Balance Global Wellness Services, Inc.

**The Framework on Social Determinants of Health: Applying the IOM Report to Teaching Health Promotion Professionals**

**Victoria Baker, PhD, CPH, CNM**
Associate Professor of Midwifery & Women’s Health, Frontier Nursing University

**Cultural Humility in Health Promotion Practice**

**Victoria Baker, PhD, CPH, CNM**
Associate Professor of Midwifery & Women’s Health, Frontier Nursing University

**6 Key Components of Effective Online Health Promotion Programs**

**Kristine Fish, PhD**
Associate Professor, Department of Kinesiology and Health Promotion, California State Polytechnic University, Pomona

**What is the Latest Research in Workplace Health Promotion (Wellness)?**

**Ron Z. Goetzel, PhD**
Senior Scientist and Director, Institute for Health and Productivity Studies (IHPS), Johns Hopkins University Bloomberg School of Public Health; Vice President, Consulting and Applied Research, Truven Health Analytics

**Maintaining Motivation — Why Do We Change Our Minds and Behavior?**

**Shahram Heshmat, PhD**
Associate Professor Emeritus, Department of Public Health, University of Illinois at Springfield

**Powerful Conversations to Lead the Shift from Weight to Wellbeing**

**Rebecca S. Johnson, MS**
Director of Workplace Wellness, Am I Hungry?™ Mindful Eating Programs and Training

**The Recipe for Finding the Optimal Blend of Awareness, Motivation, Skills & Opportunities: Applying Lessons from Baking**

**Sara Johnson, PhD**
Co-President & CEO, Pro-Change Behavior Systems, Inc.

**Fundamental Recipes for Sustainable Behavior Change**

**Michael Kim, MPP, MBA**
CEO and Founder, Habit Design®

**The Personal Compass Workshop: Transform Stressors into Opportunities for Self-Care**

**Kristin MacDermott, LPC, MFT**
Founder & President, Reimagine

**Coaching the Multiplicity of Mind: An Updated Decisional Balance**

**Margaret Moore, MBA**
Founder / CEO, Wellcoaches Corporation; Faculty, Harvard University Extension School; Co-Founder / Co-Director, Institute of Coaching, McLean Hospital, Harvard Medical School affiliate; Co-Founder / Board Member, National Consortium for Credentialing Health & Wellness Coaches

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**PLENARY PANEL**

**Awareness, Motivation, Skills and Opportunity… What is the Right Mix?**
Generational Wellness: Engaging the Most Diverse Workforce in History

Don Powell, PhD
Founder, President & CEO, American Institute for Preventive Medicine

AND

Brett Powell, CWPC
Vice President, Wellness Consultant, American Institute for Preventive Medicine

A Look into the Final EEOC Wellness Regulations

Corporate Wellness vs Corporate Health Benefits Design: Friend or Foe?

Jim Pshock
Founder, CEO and President, Bravo Wellness

Forging a Blended Culture of Health and Learning

Laura Putnam, MA
CEO and Founder, Motion Infusion, Inc.

The New Frontier in Workplace Wellness: Getting Managers on the Move

Laura Putnam, MA (see above)
CEO and Founder, Motion Infusion, Inc.

Crockett Dale
President and CEO, Healthstat, Inc.

Sara Johnson, PhD
Co-President & CEO, Pro-Change Behavior Systems, Inc.

Mindful Eating as a Path to Health and Wellbeing

Weaving Mindfulness into the Fabric of Health Promotion

Lynn Rossy, PhD
Director of Integrated Wellness, Veterans United

Changing the Work Environment to Make the Healthiest Choice the Easiest Choice

Richard Safeer, MD, FAAFP, FACPM
Medical Director, Employee Health & Wellness, Johns Hopkins HealthCare LLC; Assistant Professor, General Internal Medicine and Pediatrics, Johns Hopkins University

The Health Impact of the Internal Built Environment

Paul Scialla
CEO, Delos

Digital Dementia, Digital Detox, and the Importance of Mindfulness in the 21st Century Information Age

Brian Luke Seaward, PhD
Executive Director, Inspiration Unlimited & The Paramount Wellness Institute

All You Need is Love

Marie-Josée Shaar, MAPP
Wellness / Motivational Speaker, MJShaar.com

Merging Motivational and Skills Training Strategies for Health Behavior Change

Robert A. Swoap, PhD
Professor of Psychology, Warren Wilson College

The Application of Agent Based Model for Health Promotion

Yong Yang, PhD
Assistant Professor, School of Public Health, Institute for Intelligent Systems, University of Memphis

This is a partial listing of our faculty and program. Please visit www.HealthPromotionConference.com for the full program and updates.
Tools for Creating Healthy Cultures

Judd Allen, PhD  
President, Human Resources Institute

Health promotion has focused on helping individuals to develop their capacity to adopt healthier lifestyle practices. This training is designed to add cultural support to the health promotion toolkit. It is based on more than 30 years of research and practice in helping organizations and entire communities to bring about lasting and positive culture change. Participants will learn how to define culture, why it is important and what can be done to create healthier and more productive cultures. We will also examine how to measure culture and to set culture change goals. We will learn how to mobilize leadership, peer and household support. Finally, we will learn how to incorporate our health promotion work into a systematic culture change process. Participants who successfully complete this training will receive certification as a Wellness Culture Coach.

Evaluation of Workplace Health Promotion Programs

Ron Z. Goetzel, PhD  
Senior Scientist and Director, Institute for Health and Productivity Studies (IHPS), Johns Hopkins University Bloomberg School of Public Health; Vice President, Consulting and Applied Research, Truven Health Analytics

One of the greatest challenges facing health promotion professionals is documenting the performance and impact of their programs. To justify ongoing support for health promotion initiatives, program managers often declare that health promotion and disease prevention are “the right thing to do.” However, program sponsors require proof that these programs are worth the investment, offer value, and produce a positive return-on-investment (ROI). This intensive training seminar will provide the skills and insights for designing and implementing effective measurement and evaluation programs for workplace health promotion programs.

90 Key Recipes for Sustainable Behavior Change

Michael Kim, MPP, MBA  
CEO and Founder, Habit Design®

Maria Elena Lara, PhD  
Principal Scientist and Investigator, Habit Design®

There is good reason for the explosion of interest in the role that habit formation plays in successful health promotion interventions: 97.3% of Americans haven’t mastered the four critical habits which constitute a “healthy lifestyle”, leading to 80% of chronic conditions, 75% of healthcare costs, and $1 Trillion in lost productivity, or on average $7,000 per employee per year. Promisingly, McKinsey & Company identified that the biggest bang for the buck in behavior change is in facilitating habit formation: although they account for only 40% of behavioral interventions budgets, habit training programs drive 70% of total behavior change impact! Featured by Stanford Medical School, TEDMED, HERO, Society of Behavioral Medicine, and others, this workshop covers 90 evidence-based, best practices in the design of behavior change protocols that create lasting, habituated daily routines. Developed by licensed, certified, and published clinical behavioral researchers from Yale and the University of Washington, this unique curriculum will empower you with practical, practicable, and clinically validated behavior change techniques to impact sustainable behavior change.

WELCOA’s 7 Benchmarks

Ryan Picarella, MS, SPHR  
President, Wellness Council of America (WELCOA)

Sara Rauch  
Director of Strategy & Planning, Wellness Council of America (WELCOA)

There is both an art and science to designing and delivering a results-oriented workplace wellness initiative. In this flagship certification program, you will be immersed in WELCOA’s Seven Benchmark approach to building great wellness programs. As a result of finishing this certification series, you will have the knowledge, confidence and the materials necessary to be successful. This training is perfect for entry-level practitioners and for those who are just getting started in the field.
Workplace Wellness that Works: A Smarter Framework for Designing More Effective Workplace Wellness Programs

Laura Putnam, MA
CEO & Founder, Motion Infusion, Inc.

This highly interactive intensive training, drawn from Laura Putnam’s Workplace Wellness That Works (WILEY, 2015), provides a fresh perspective on how to promote employee wellbeing in the workplace. Based on the latest research and backed by real-world examples and case studies, this workshop provides health promotion professionals with the tools they need to start making a difference in their employees’ health and happiness, and promoting an overall culture of wellbeing throughout the organization. Participants will come away with concrete, actionable takeaways for tackling the massive obstacle of behavioral change, and will learn how to design and implement an approach that can most benefit their organization. This training provides insights into new and creative approaches to empower employees to make healthier choices. In ten steps, participants will learn how to assess their organization’s needs and craft wellbeing programs that actually benefit leaders, managers and employees.

Holistic Stress Management Instructor Training

Brian Luke Seaward, PhD
Executive Director, Inspiration Unlimited & The Paramount Wellness Institute

This workshop is designed to train all allied health professionals to teach, direct or facilitate quality stress management presentations/workshops at their worksite. The focus of this intensive workshop is holistic—honoring the integration, balance and harmony of mind, body, spirit and emotions for optimal wellbeing. The purpose of this workshop is two-fold: 1) to gain a sound background in the holistic approach to stress management, addressing not only the causes of stress through effective coping skills, but the symptoms of stress with effective relaxation techniques, and 2) to refine excellent teaching skills in which to share this knowledge most effectively, whether it is through a one-hour presentation or a 16 week college credit course. Professionals who have greatly benefited from this workshop include: nurses, social workers, counselors, schoolteachers, wellness directors, therapists, health educators, college professors and physicians, and those wishing to make a career change.

“ The presentations were timely, and applicable information. We could start using and implementing ideas and concepts as soon as we got back home and to work. ”

Vicki Haywood Doe, PhD, ACSM-EP-C, President / Health Fitness Director, Haywood Doe Consulting Co., LLC / Vicki Doe Fitness

Launchpad 2017

Health Promotion Startup Competition

Watch What Happens!
Live Pitch Event – Thursday March 30

Join us for a fast-paced live competition where entrepreneurs, selected by a panel of judges, will present their health promotion product or service concept – with a winner announced the last day of the conference.
Conference Highlights

Making Connections
Connect with people who share your professional and personal interests. Making Connections are informal activities hosted by fellow conference attendees. "Connections" include serious discussions, silly reflections, getting together for a drink, snack or meal, morning run, or any other activity that brings people together.

Intensive Training Seminars
Choose from six different two-day preconference seminars for in-depth learning in a particular focus of health promotion. (Separate registration required – see pages 8-9 for descriptions).

Welcome Dinner
See old friends and meet new colleagues at a delicious, nutritious dinner on the opening night of the conference. Reservations required.

Activity Sessions
Enjoy a balanced wellness experience with daily activity sessions. Each morning and evening you will be able to choose from a variety of activities such as cardio, yoga, dance exercise, walking groups, and more.

Art & Science Presentations
Learn about best practices and the latest research findings in health promotion directly from your peers. In addition to the breakout sessions, the conference will feature panel discussions, program descriptions and research reports.

Exhibits
Drop in between educational sessions to visit displays from our outstanding vendors. See what’s new from these top organizations who provide products and services especially for the health promotion industry.

Continuing Education
We typically offer, and are applying for, continuing education credits for the professions below:

- EXERCISE SCIENCE
- NUTRITION
- HEALTH EDUCATION
- MEDICINE
- NURSING

For more information and credit approval updates, visit HealthPromotionConference.com

LaunchPad 2017 Health Promotion Startup Competition — Thursday, March 30
Watch what happens! Join us for a fast-paced live competition where entrepreneurs will present their health promotion product or service concept and a winner will be announced on the last day of the conference.

Conference Hotel
The Broadmoor, set in the foothills of the Rocky Mountains in Colorado Springs, Colorado will be the setting for our conference.

Established in 1918, The Broadmoor is one of less than a dozen hotels in the United States to receive Forbes Five-Star and AAA Five Diamond ratings for the quality of its facilities and service. It is also approved as a "Healthy Destination" by the Institute of Healthy Destination Accreditation. We have negotiated a special conference discount nightly room rate of $180 plus tax. This discount rate is available until March 6, 2017 or until our room block sells out.

Make reservations online: go to www.HealthPromotionConference.com and click on “Hotel & Travel”

Or Call 855-634-7711 and mention ASHPC17 to receive the discount.
REGISTRANT INFORMATION

* Required Fields; Submit one form per registrant.

LAST NAME  FIRST NAME  CREDENTIALS

JOB TITLE / POSITION  FIRST NAME FOR BADGE

COMPANY

STREET ADDRESS

CITY  STATE / PROVINCE

ZIP / POSTAL CODE  COUNTRY

TELEPHONE

EMAIL

WHAT WILL YOU ATTEND?

Receive a $50 discount when you register for both the Core Conference plus an Intensive Training Seminar — Attend both for $1160

Core Conference (3 Days) .......................................................... $735

Intensive Training Seminar (2 Days) ........................................... $475

Choose One Seminar: Allen  Goetzel  Kim/Lara  Picarella/Rauch  Putnam  Seaward

1 Day Core plus Intensive Training Seminar ................................ $850

Choose One Seminar: Allen  Goetzel  Kim/Lara  Picarella/Rauch  Putnam  Seaward

Indicate which day you will attend: Wednesday  Thursday  Friday

1 Day of Core Conference ........................................................ $375

Indicate which day you will attend: Wednesday  Thursday  Friday

REGISTRATION FEES

PAYMENT (Select One) CREDIT CARD PAYMENT BY PHONE: CALL 248.682.0707

Check payable in US dollars to Art and Science of Health Promotion Conference  VISA  MC  AMEX  DISCOVER

CREDIT CARD #       EXP DATE  SECURITY CODE

NAME ON CARD (PRINT)  AUTHORIZED SIGNATURE

BILLING ADDRESS FOR CREDIT CARD

SUBMIT REGISTRATION

PRINT AND MAIL: Art and Science of Health Promotion Conference  P.O. Box 1254  Troy, MI 48099-1254

PRINT AND FAX: 248-630-4399

SCAN AND EMAIL: Conference@HealthPromotionConference.com

Please provide us with a little more information to help us with our programming and planning.

ARE YOU A MEMBER OF ANY OF THE FOLLOWING ORGANIZATIONS:

- ACHA  - ACPLM  - ACMPP  - American Hospital Assn  - APA  - ASHA  - DPHE  - NAHU  - NIOSH  - NWPC  - NONPF  - SNEB  - WELCOA  - WELLCOM

PROFESSIONAL DISCIPLINE

- Dietitian  - Nutritionist  - Exercise Specialist  - Health Educator  - Human Resources  - Management  - Nurse  - Physician  - Psychologist  - Sales  - Consultant  - Health Coach  - Other:

POSITION

- CEO / President / Vice President  - Consultant  - Educator  - Manager  - Nurse  - Professor  - Other:

CATEGORY/SETTING

- Clinical / Hospital  - Community / Non-Profit  - Corporate  - Government  - Insurance  - University / School  - Association  - Public Health  - Private Practice  - Other:

HOW DID YOU HEAR ABOUT THE CONFERENCE?

- Attended a Previous Conference  - Brochure  - Colleague  - Email Promotion  - Journal Ad  - Web Search Engine  - Other:

REGISTRATION TOTAL

CANCELLATION POLICY: A full refund will be issued for cancellations received in writing within two (2) weeks of registering. A $100 processing fee will be retained for all cancellations received after that period. Refund requests will not be accepted after February 1, 2017. Substitutions are welcome at any time.
27th Annual

MARCH 27 - 31, 2017 | The Broadmoor | COLORADO SPRINGS, CO

ART & SCIENCE of Health Promotion Conference

CONFERENCE COLLABORATORS | American College Health Association | American College of Lifestyle Medicine | American College of Preventive Medicine |
American Hospital Association | American Psychological Association | American Society on Aging | Directors of Health Promotion and Education |
| National Association of Health |
Underwriters | National Organization of Nurse Practitioner Faculties | NIOSH | Society for Nutrition Education and Behavior | WELCOA | WELLCOM

— Who Should Attend —
Health Promotion and Wellness Managers
Exercise Specialists
Nutritionists and Dietitians
Psychologists
Health Educators
Nurses
Physicians
Medical Directors
Human Resources Directors
Benefits Managers
Health Insurance Underwriters and Brokers
Health Plan Leaders
Health Policy Analysts
Hospital and Clinic Managers
Scientists
Educators

"I felt like Wellness was REAL!
Great to be surrounded by people who have one common goal! One of the best conferences I have attended by far!"

Denise Gauvin, RN, OHN
Corporate Wellness Coordinator, J.D. Irving LTD

"Great diversity in speakers and opportunities to learn from experts."

Ron Hager, PhD – Professor, Brigham Young University

Register Online > www.HealthPromotionConference.com

Awareness, Motivation, Skills and Opportunity — What is the Right Mix?

Exhibit and Sponsorship Packages Available
Check the website for details.