

2019 NETWORKING SERIES

Central Florida Works on Wellness (CFWOW) is a networking, educational-outreach and resource forum created to help members share workplace wellness best practices and information.

OUR GOAL

Our goal is to create an environment that supports lasting change in the workplace — ultimately making Central Florida a healthier place to live and work.

IMPORTANT ANNOUNCEMENT

We are pleased to announce the lineup for the 2019 networking series. Gain invaluable insight and education on worksite wellness from experts in the field, increase participation and engagement of your current wellness offerings, and receive help identifying ways to be awarded local and national recognition for your efforts.



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CENTRAL FLORIDA WORKS ON WELLNESS



Advent Health

SCHEDULE OF EVENTS

TUESDAY, FEBRUARY 12 — The Stress Recovery Effect -Transform Stress from Enemy to Ally



Dick Tibbits, DMIN

Dr. Dick Tibbits is co-author of The Stress Recovery Effect program. He is an ordained minister, a licensed professional mental health counselor, a clinical pastoral educator, and a hospital administrator. He currently serves as an executive coach for hospital administrators and a performance coach to some of the world's premier motorsports racers.

TUESDAY, MAY 14 — The REST of Your Life - End Exhaustion, Enhance Energy, Sleep Smarter!



Dr. Rebecca Robbins, PhD

Dr. Rebecca Robbins is co-author of The REST of Your Life program, as well as co-author of the book, Sleep for Success. She is a postdoctoral fellow at the Center for Healthful Behavior Change at NYU. Dr. Robbins' research focuses on the role of behavior interventions and message-based communication in promoting health behavior change as it relates to better sleep.



TUESDAY, JULY 9 — Creating Cultures of Health Together – An AdventHealth, HealthNEXT™, Avalon Park Group Research Project



Raymond Fabius, MD, CPE, FACPE

Dr. Ray Fabius has spent nearly 40 years in health care as a pediatrician, health plan corporate medical leader, global medical leader, president of the largest supplier of workplace health solutions, and as a strategist and CMO for one of the largest data and informatics organizations.



Dixon Thayer, Co-Founder, CEO HealthNEXT™

Dixon Thayer provides leadership, strategic planning, and oversees the operations and business development of HealthNEXT™. He also serves as CEO of Southwest Wind Power, which focuses on clean, efficient and sustainable wind energy use. He is currently a senior fellow at Jefferson School of Population Health, Thomas Jefferson University in Philadelphia.

TUESDAY, OCTOBER 8 — Mental Health and Emotional Resilience in the Workplace



Charles Lammers, PhD

AdventHealth Medical Group

Dr. Charles Lammers is a licensed clinical psychologist with AdventHealth Medical Group. He has been in this position for more than 15 years, working primarily with adults. He treats a variety of psychiatric conditions, with a special focus on patients with complex medical problems, especially those with pain management difficulties.

LOCATION & TIME

LEU GARDENS
1920 NORTH FOREST AVENUE, ORLANDO, FL 32803

12:00 – 1:30 PM

LUNCH IS COMPLIMENTARY



MEMBERSHIP

Choose a membership that fits your wellness team. No matter the size of your organization, you will be well-equipped with the education, best practices and tools you need to succeed. Central Florida Works on Wellness membership is ideal for workplace wellness professionals, human resource professionals, consultant/brokers, or any wellness stakeholder.

- Option I: \$125 per year, per company for up to three people
- Option II: \$75 per year for individuals

*Ask us about our Refer-a-Friend benefit, to enjoy additional savings.
To become a member, please complete our membership form.*

CONNECT WITH US

To become a member, email us at
HealthPerformanceStrategies@AdventHealth.com.