

PLEASE JOIN US AT INVACARE FOR A REGIONAL WELLNESS COUNCIL MEETING



Exercise is good for mind and body.

Agenda

8:00-8:15 Welcome and Introductions

8:15-8:35 Wellness at Invacare- Karen Chapple, Invacare Dir. Safety and Health

8:35-8:45 What the Council can do for you- Steve Musgrave, Wellness Council of NE Ohio

Well Being includes Mind and Body

8:45-9:00 Make stress work for your company- Annita Keane, The Keane Method

9:00-9:15 Lessen the cost of chronic disease- Eric Cook, T3 Performance

9:15-9:30 Questions

June 21, 2016 8 am
One Invacare way Elyria OH 44036



WELLNESS COUNCIL OF NORTHEAST OHIO

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