



Make it a lifestyle, not a duty.



Friday, June 5, 2015
RSVP by May 29
7:45am-3:30pm

Mountain View Grand Resort & Spa
101 Mt. View Road
Whitefield, NH 03598

Cost for the day is \$50.00 per person, with lunch included

North Country Health Consortium/NNH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

This activity was approved for 3.5 Nursing Contact Hours.

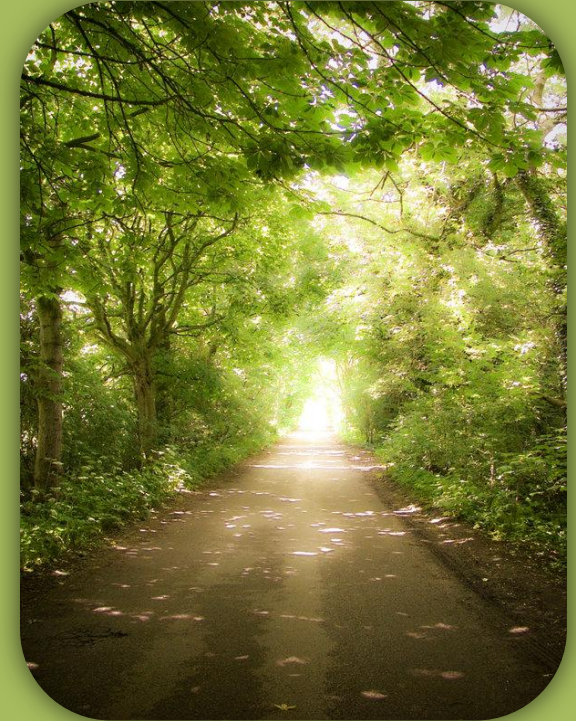
Thank you to all our partners that support the North Country Health Improvement Summit!



Looking for an excuse to get active? Join our **Shoot for the Moon** initiative! Help us reach our goal of 238,000 miles by our June Summit.

Interested? Contact Amy Holmes at aholmes@nchcnh.org

North Country Health Consortium
262 Cottage Street
Suite 230
Littleton, NH 03561
www.nchcnh.org
603-259-3700



4th Annual North Country Health Improvement Summit



Navigating Wellness



Contact:

To register or inquire about being an exhibitor: Tracy Page at tpage@nchcnh.org

Other questions: Amy Holmes at aholmes@nchcnh.org

For Mail-in Registration:

First Name _____

Last Name _____

Email _____

Phone _____

Company _____

Job Title _____

City _____

Please select **one** of the breakout sessions from each time frame:

7:45am-8:30am

- Yoga
- Mindful Meditation
- Guided Walk

10:15am-12:00pm

- Winning Policy Approaches for Healthier People and Places in the North Country
- Wellness Works: Why Workplace Wellness isn't Just a Catchy Phrase
- General Volunteer Training for the Cooking Matters Program

1:15pm-3:00pm

- Unearthing Healthy Foods in the North Country
- Metabolic Syndrome/Pre-diabetes Boot Camp
- Thinking Outside the Lunchbox: a Vision of School Health and Wellness

What are you most interested in discussing during the networking session? I.e, Worksite wellness, School wellness

Fee is \$50.00 per person

Total Amount Enclosed \$_____

Send this form by May 29 along with check made payable to:

North Country Health Consortium
262 Cottage Street, Suite 230
Littleton, NH 03561



Navigating Wellness

Please join us at our 4th Annual North Country Health Improvement Summit for an energizing day filled with opportunities to connect with and learn from others about health in the North Country. You'll take away tools to improve health at the personal, professional, organizational, and policy levels. The day will kick off with your choice of light activity. Skye Cornell, from Wholesome Wave, will start off the day as our keynote. Themes for the remainder of the day include increasing access to healthier foods, improving school health and wellness, lifestyle modification, diabetes education, and enhancing policies that foster health improvement. **The goal of the Summit is to provide practitioners and leaders updates and resources available that foster health improvement in the North Country.**

Who Should Attend?

- State, county and local government officials
- Educators
- Representatives from the business community
- Members of non-governmental organizations, including community organizations
- Health & human service organizations
- Anyone interested in community health improvement

Agenda

7: 45-8:30am (Choose one)

- **Yoga**
- **Mindful Meditation**
- **Guided Walk**

8:30-9:00am Registration

9:00-10:00am Keynote, Skye Cornell

10:15-12:00pm (Choose one)

- *Winning Policy Approaches for Healthier People and Places in the North Country*
- *Wellness Works: Why Workplace Wellness isn't Just a Catchy Phrase*
- *General Volunteer Training for the Cooking Matters Program*

12:00-12:45pm Lunch

12:45-1:15pm Networking Session: A Guided Voyage to Collaboration

1:15-3:00pm (Choose one)

- *Unearthing Healthy Foods in the North Country*
- *Metabolic Syndrome/Pre-diabetes Boot Camp*
- *Thinking Outside the Lunchbox: a Vision of School Health and Wellness*

