

Embracing a Culture of Wellness where we Live, Work, & Play

**North Country Health
Improvement Summit
Friday, June 9, 2016
8:30am - 3:30pm
RSVP by June 1**

5th Annual North Country Health Improvement Summit

Please join us at our 5th 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.

The goal of the Summit is to provide practitioners and leaders with updates and resources available that foster health improvement in the North Country. The Summit will provide tools for improving health at the personal, professional, organizational, and policy levels.

The keynote speaker will be Dr. Rebecca Busanich, Assistant Professor and Associate Director of the Center for Active Living & Healthy Communities at Plymouth State University. Themes for the remainder of the day include understanding social influences on health, substance misuse and overall health implications, and obtaining wellness resources.

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

Location:

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

**Registration Fee: \$50.00 per person
with lunch included.**

**Thank you to all NCHC partners that
support the North Country Health
Improvement Summit.**

**Are you interested in joining the North
Country Health Improvement Group?**

**Contact Amy Holmes, Public Health
Director, at aholmes@nchcnh.org.**

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

**“Embracing a
Culture of Wellness”**

**June 9, 2016
8:30am - 3:30pm**

**Mountain View Grand
Resort & Spa,
Whitefield, NH**



Summit Agenda

8:30-9:00am Registration

9:00-9:10am Welcome:

Nancy Frank, Executive Director
North Country Health Consortium

9:10-10:10am Keynote Address:

**The Weight We All Carry:
Resisting Cultural Narratives around
Body Weight to Improve Health and
Well-Being**

Rebecca Busanich, PhD,
Assistant Professor and Associate
Director; Plymouth State University,
Center for Active Living & Healthy
Communities

10:10-10:30am Active Break:

Chad Proulx, BS, LMT, Health
Education Specialist, Ammonoosuc
Community Health Services

10:30-11:15am The Bigger Picture:

Social Determinants of Health
Ashley Conley, MS, CPH, CHEP,
Infection Preventionist, St. Joseph's
Hospital, Epidemiologist, Nashua
Public Health Dept.

11:15-12:00pm Substance Misuse, Mental Health, and the Connection to Overall Health and Wellness:

Christopher Bersani, Psy.D., ABPP,
Captain, Health Resources and
Services Administration (HRSA)

12:00-12:15pm Wellness Toolkit

12:15-1:00pm Lunch

1:15-3:15pm Afternoon Breakout Sessions:

Select one:

Session 1:

**Asthma Guidelines for the Way You
Practice (2 CNEs*)**

Eric Carrier, RT, Cottage Hospital,
Littleton Regional Healthcare
Target Audience: Clinicians

Session 2:

**Wellness for your Workplace:
Selecting Strong, Successful, and
Sustainable Strategies**

Jenna Schiffelbein, MPH, RD, LD,
CHES, SNS, Community Health
Educator, Norris Cotton Cancer
Center, Dartmouth College
*Target Audience: Worksite
Wellness Leaders and Champions*

Session 3:

**Finding Your Way to Wellness:
It's all about You!**

Becky McEnany, MA, Program
Coordinator, NCHC
Amy Holmes, MHA, Public Health
Director, NCHC
*Target Audience: Participants
Interested in Health Improvement*

3:15-3:30pm Wrap-up & Closing Remarks:

Nancy Frank

Contact Information:

Registration Contact:

Lynda Bloom at lbloom@nchcnh.org

Questions about being an exhibitor? Contact:

Tracy Page at tpage@nchcnh.org

Other questions:

Amy Holmes at aholmes@nchcnh.org

Complete this Form For Mail-in Registration:

First Name _____

Last Name _____

Email _____

Phone _____

Company _____

Job Title _____

City _____

Please select one breakout session for the afternoon:

1:15-3:15pm

Asthma Guidelines for the Way You Practice

Wellness for your Workplace: Selecting Strong,
Successful, and Sustainable Strategies

Finding Your Way to Wellness: It's all about You!

Please list any dietary restrictions/preferences:

Registration Fee: \$50.00 per person

Total Amount Enclosed \$ _____

Send this form by June 1 along with
a check made payable to:

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

*Continuing Education Information:

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 is approved for 2 Nursing Contact Hours.