

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

**North Country Health  
Improvement Summit  
Thursday, 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](mailto:aholmes@nchcnh.org).**

**North Country Health Consortium  
262 Cottage Street  
Suite 230  
Littleton, NH 03561  
[www.nchcnh.org](http://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.