



The Jersey Shore Association for Human Resources is a SHRM affiliated chapter



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GETTING FROM TIRED TO INSPIRED – HELPING YOUR EMPLOYEES GET HEALTHY

Health care is the greatest cost for many businesses and it's increasing exponentially; however, as a business leader or human resources manager, you can do something about it. In this presentation Dr. James Proodian gives you the steps to implement a Corporate Wellness Success program in your organization that promotes communication, education, motivation, and personal responsibility for health. Thousands of companies across the country are already implementing outcome-based wellness programs, significantly reducing employee claims by motivating employees to make healthier lifestyle choices. Using hard facts and evidence-based research, Dr. Proodian examines the health care crisis in our country that is promoting "sick care" rather than health care. Covering such topics as stress, fatigue, nutrition, and fitness, he outlines clear steps you and your employees can start taking immediately to eat better, become more physically active, and lead healthier, more productive lives.

Discussion items will include:

- The meteoric rise of medical premiums with the average claims cost per employee approaching \$11,000.
- The average claims cost is expected to rise 8 to 10 percent in the next year.
- Health care reform vs. health care insurance reform.
- The positive ROI for employers who invest in workplace health programs.
- The impact of chronic disease in the workplace.
- How chronic medical conditions are related to lifestyle choices.
- The cost of treating disease vs. prevention.
- How workplace wellness efforts can positively impact human capital investments.
- Lost productivity in the workplace due to preventable illnesses.



About the Speaker: Dr. James Proodian

Dr. James Proodian is the founder and president of Proodian Healthcare, which includes the Natural Health Care Centers in Long Branch and Middletown, the Wellness at Work health education company, and the Put Back What You Lack supplements website. He also created the Long Branch CityWell Municipal Employee Health and Wellness program and serves as its Clinical Director and Health Educator.

For more than 20 years, Dr. Proodian has not only been treating patients but also educating audiences on how to achieve and maintain better health. He has spoken at hundreds of companies and organizations, motivating thousands of people to lead healthier, more productive lives.

Dr. Proodian is a past recipient of *New Jersey Biz* magazine's "Healthcare Hero" Award for his health education programs. He has also hosted a weekly radio show on health topics, and writes a biweekly health and wellness blog at <http://www.drproodian.com>.

Date: Thursday, December 8, 2016
 7:45 a.m. Networking and Breakfast
 9:00 – 10:30 a.m. Program
Jumping Brook Country Club
210 Jumping Brook Road, Neptune N.J.
www.jumpingbrookccc.com
*****Please note that this program runs until 10:30 a.m.**

R.S.V.P. by 4:00 p.m. on Friday, December 2, 2016
 online at <http://jsahr.shrm.org/events>
 or email at admin@jsahr.org
 or call JSAHR at 732-701-7155

Registration Fees (includes breakfast)
 \$30 for JSAHR members
 \$40 for non-members
 \$25 for those in-transition and guests
 \$10 for students with valid ID
 \$10 additional fee for walk-ins
"No shows" will be billed

Special Notice
*This program is pending approval for
 1.5 HRCI recertification credit &
 1.5 SHRM recertification credit.*

JSAHR is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CP or SHRM-SCP.

