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Wellness Works Conference offers insights on healthier workplace

Area employers will gain ideas for creating a healthier, happier workplace at the 2017 Wellness Works Conference Sept. 15 in Aurora.

Wellness Works, sponsored by the Healthy Living Council of Greater Aurora, will feature speakers on stress and other workplace health issues, a panel discussion on health strategies, and exhibitors offering ideas on how to improve the health and job satisfaction of employees. There also will be plenty of time for participants to network about health issues at their businesses.

The conference is open to all employers from large and small businesses and organizations in Aurora, Kane County and the surrounding region. It will take place from 10 a.m. to 3 p.m. Sept. 15 at the Prisco Community Center, 150 W. Illinois Ave., Aurora.

The featured speakers – Sgt. Bill Rowley from the Aurora Police Department, Dr. Gaurav Shah of the Cardiology Department of Rush-Copley Medical Center, and Marianne Renner, Professional Development Coach-- will address Stress in the Workplace, How Stress Affects Your Health, and Strategies for Work/Life Balance. A panel discussion will cover a range of workplace health issues, including healthy food policies in the office, employee walking clubs, and investment choices to offer employees.

The registration fee for Wellness Works 2017 is \$25 – and includes a tasty, healthy lunch. Employers may register at <https://www.eventbrite.com/e/wellness-works-2017-tickets-36165198081>. Exhibitors wanting to take part in the program should contact Zaida Rodriguez at Rush-Copley Medical Center, zaida.rodriguez@rushcopley.com. The deadline to register for the conference or to sign up as exhibitors is Sept. 1st.

For information on Wellness Works 2017, contact Alexis Katzenbach at KatzenbachAlexis@co.kane.il.us, or Michael Isaacson, IsaacsonMichael@countyofkane.org, at the Kane County Health Department.

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