

worksite  
wellness  
council  
*of Rhode Island*



**Well  
Workplace  
University**

**Thursday  
October 25, 2007  
8:00am–4:00pm**

**Learn how to become  
one of America's  
healthiest companies!**

**The Wellness University  
is the perfect place to  
start!**

# Wellness University

You are cordially invited to attend our next Well Workplace University scheduled for Thursday, October 25th, 2007.

Members are encouraged to join us for this **FREE\*** workshop at :

**The American Cancer Society**  
931 Jefferson Boulevard, Suite 3004  
Warwick, RI

Registration begins at 8:00am and the first session starts at 8:30am.

The **morning** session will provide an overview of the 7 C's (or main components) of a successful wellness program.  
*(A continental breakfast, lunch, and break refreshments will be provided)*

The **afternoon** will consist of hands-on breakout sessions on:  
Physical Activity and Nutrition Programs  
and  
Stress Management, Medical Self-Care and Smoking Cessation Programs

This workshop is designed to provide you with the basic information you will need to develop and manage a results-oriented wellness program in your organization.

## Registration Form

*Please note that pre-registration is required.*

Please complete and submit the registration form no later than **October 16, 2007** via fax or email to:

**Deb Foley**

Worksite Wellness Council of Rhode Island

Fax: (401) 334-1009

wellri@wwcri.org

Company Name: \_\_\_\_\_

WWCRI Member or Non-Member\*: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Participant: \_\_\_\_\_

Title: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Participant: \_\_\_\_\_

Title: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

For more information contact Deb Foley at (401) 334-1007 or email us at [wellri@wwcri.org](mailto:wellri@wwcri.org)

**\*Non-member fee is \$199.**

**Previous Wellness University attendees are encouraged to attend!**

**For more information, visit : [http://www.wwcri.org/wellness\\_university.htm](http://www.wwcri.org/wellness_university.htm)**