



Worksite Wellness: Helping Employees Walk the Talk
December 5, 2014
The New School – Theresa Lang Student Center
55 West 13th Street, 2nd Floor
9:00 AM –12:00 PM

Goal

To provide NYCNEN members with an understanding of what it means to successfully implement worksite wellness programs and to impart strategies that organizations have used to create healthier work environments and healthier employees.

Objectives

After this session, participants will be able to:

- Describe the steps for setting up an effective worksite wellness program.
- Identify 3 methods of improving the food quality or food environment within an organization or school.
- Provide strategies that have proven successful in encouraging employees to change dietary habits.

Agenda

- 9:00 – 9:15** **Jacqueline Rodriguez, MPH, AE-C, Chair, NYCNEN Steering & Envisioning Committee**
Rachel Berger, MS, RD, CDN, and Kelly Moltzen, MPH, RD
NYCNEN December meeting co-chairs
Welcome and Introduction
- 9:15 – 10:00** **Carrie Jennis, MEd, RD, CWPC and Melanie D'Arrigo, MS, CWPC**
Health Improvement Strategists at Cigna Healthcare
Corporate Wellness
- 10:00-10:20** **Erica Lokshin, MS, RD, CDN**
Wellness Nutritionist at Memorial Sloan Kettering
Worksite Wellness in Hospitals
- 10:20-10:40** **Britt Forsgren, MBA, RD**
Corporate Director, Health and Wellbeing at NewYork-Presbyterian Hospital
Worksite Wellness in Hospitals
- 10:40-11:10** **Dr. Deborah Lewison Grant**
Executive Director, FoodFight
Staff Wellness in School Settings
- 11:10-11:30** **Open Panel Discussion**
- 11:30 – 12:00** **Closure, Announcements and Networking**

Please join us for our next NYCNEN meeting on February 13, 2015:
Nutrition Counseling Toolkit: Best Practices for Successful Behavior Change

NYCNEN thanks the Program in Nutrition at Teachers College Columbia University for their ongoing support.

Carrie Jennis, MEd, RD, CWPC is a registered dietitian with a background in clinical nutrition, research and health education. Drawing on her experience, she creates customized wellness programming for small companies around the tri-state area through her current position in corporate wellness with Cigna Healthcare. She is passionate about education and disseminating scientifically sound health information, and enjoys helping people find simple solutions to living a healthier life.

Melanie D'Arrigo, MS, CWPC has been featured on CBS and in Allure Magazine for her expertise on worksite wellness initiatives. She has worked in the health industry for over ten years and draws upon her clinical and coaching experience to design customized wellness programs that address individual company needs while cultivating change. Melanie obtained her MS in exercise physiology from Long Island University in Brooklyn, where she currently lectures as an adjunct professor in the School of Health Professions. She sits on the American Heart Association's My Heart My Life committee and is a health improvement strategist at Cigna Healthcare. A native New Yorker, she enjoys running, cooking and kayaking in the East River with her family.

Erica Lokshin, MS, RD, CDN is a Registered Dietitian and works as the Wellness Nutritionist at Memorial Sloan Kettering (MSK). Erica received a Bachelor's of Science in Nutrition as well as a Master's in Clinical Nutrition from New York University. She completed her Dietetic Internship at MSK. Erica is a member of the Academy of Nutrition and Dietetics, the Greater New York Dietetic Association, and the Weight Management Dietetic Practice Group. She has work experience as an inpatient clinical dietitian as well as a nutrition consultant for a food service company. When it comes to nutrition, Erica's motto is "small changes make big differences."

Britt Forsgren, MBA, RD is the Corporate Director of Health and Wellbeing at NewYork-Presbyterian. In this role, she develops strategy for NYPBeHealthy, the newly developed Employee Health & Wellbeing program. Prior to coming to NewYork-Presbyterian, Britt was with Meridian Health Systems in New Jersey for almost 10 years and served in various roles across the Health System including Registered Dietitian, Food & Nutrition Manager, Business Manager of Surgical Services, Manager of Guest Relations and Manager of Health and Wellness. Britt has recently been accepted into The Leadership Program in Integrative Healthcare at Duke University and will begin the year-long program in February 2015. Britt is passionate about educating people on ways to improve their quality of life and overall wellbeing and in her free time, loves shopping at farmers markets, sustainable organic eating, running and yoga.

Dr. Deborah Lewison Grant earned her Doctorate in Curriculum and Teaching from Teachers College Columbia University where she also graduated with a dual Masters in Deaf Education and English. After teaching in a variety of NYC public high schools, Deborah worked for the National Center for Restructuring Education Schools and Teaching (NCREST), researching and analyzing the benefits of small schools for at-risk teenagers. Deborah co-founded FoodFight in 2009 and now serves as its Executive Director. She lives in NYC with her husband and two children.