

# 35th Annual National Wellness Conference

## July, 2010

**Ardell, Donald B**

- [Free Ranging Forum for Freethinkers](#)

**6 U i b, A U f n 6 Y h ' D U d d U g**

- [The State-of-the-Art Wellness Coaching](#)

**Harris, Barbara**

- [Embracing a Wider Vision of Wellness: What You Can Do to Reduce Poverty and Homelessness](#)

**Holbrook, Kristine**

- [5 Best Practices for Employee Wellness Programs?](#)

**Jarski, Robert**

- [Lifestyle Modification Programs for Reversing Heart Disease and Cancer: What's New?](#)
- [Mind-Body-Spirit Connections and Psychoneuroimmunology](#)

**Powell, Don R and Powell, Brett**

- [Beyond Incentives: How to Motivate Your Employees to Make Lifestyle Changes](#)
- [21 Components of Best in Practice Wellness Programs](#)

**Travis, John W.**

- [The Currency of Wellness-Connection \(Via Full-Spectrum Wellness\)](#)
- [Who was Halbert Dunn and How Did He Influence the Field of Wellness?](#)

**Williams, Mary Jane**

- [Promoting Walking in Neighborhoods and Walkable Main Street Districts](#)