

35th Annual National Wellness Conference

July, 2010

Aranmor, Shanen Lee

- [S.E.E.ing is Believing: Turning Obstructions Into Opportunities](#)

Ardell, Donald B

- [Robert G Ingersoll: What the 19th Century's Greatest Orator Can Teach Us About Wellness Solutions that Work Now](#)

Arloski, Michael

- [Astonishing Noncompliance: Understanding Readiness for Change and Grief in the Health Challenged Client](#)
- [The Active Wellness Model: Making Movement The Center Of Sustainable](#)

Armstrong, Sara E

- [Innovative Approaches to Worksite Diabetes Management](#)

Becker, Craig M

- [Optimize Health NOW! Innovative Ways to Best Outcomes](#)

Blauw, David and Blanchard, Michael Kelly

- [Listening to the Human Condition: A Benchmark for Overall Wellness](#)

Cryer, Bruce

- [Managing Stress to Facilitate Performance and Reduce Health Costs](#)

DeFoore, William G

- [Gratitude, Appreciation and Optimism: A Powerhouse of Journaling Practices to Enhance Body/Mind Wellness](#)
- [See It, Don't Be It: A Powerful Imagery Process for Managing Addiction, Anxiety and Anger Issues](#)

Ebert, Carol

- [How to Get a Job in Wellness](#)
- [Your Marketing Funnel: Successfully Marketing Your Wellness Programs by Moving From Free to Fortune](#)

Eggleston, Brandon and Ehlman, Katie

- [Yoganna Love It: A Wellness Intervention for Seniors](#)

Gaertner, Bill and Riley, Betty

- [Healthy Single Living](#)
- [Motivational Interviewing: A Path to Improving Outcomes and Personal Growth in Working with Others](#)

Girolamo, Thomas J

- [Sustainable Landscapes for Healthy People](#)

Hamilton, Donna

- [Facilitating the Paradigm Shift Toward Wellness: What We Can Learn From Community Pediatricians](#)

Hamilton-Hancock, Diane and Sweet, Dawn

- [Creating Online Social Networks to Promote Wellness in the Net Generation and Beyond](#)

Haren, Kriss and Gould, Sheryl

- [SBIRT & Motivational Interviewing: Tools that Guide Physicians to Support Healthy Behavior Change](#)

Hill, Erick

- [How to Become a Support Seeking Missile](#)
- [The Abundant Diet: Seek to Savor More and Consume Less](#)

Jahnke, Roger

- [Tai Chi Easy: The New, Ancient Energy Exercise for Any Wellness Setting](#)

La Faive, Lucy

- [Create Healing: Focus on What You Need to Think, Hear, See and Feel to Change Your Life](#)

Lawson, Karen and Gorman, Rebecca

- [Authentic Communication: The Pathway to Connection and Healing, Part I](#)
- [Authentic Communication: The Pathway to Connection and Healing, Part II](#)

Leafgren, Fred A

- [Creating Positive Environments that Enhance Learning, Well-Being and Happiness](#)
- [Motivating Staff to do Their Best](#)

Lee, David

- [Building a Resilient Workforce](#)

Lees, Rod and Ardell, Donald and Weaver, John

- [Mental Health Problems: Causes, Prevention and Implications for REAL Wellness Programs](#)

Levac, Kathleen

- [Semiprofessional Worriers](#)

McPeck, William

- [Worksite Wellness: Standards are Coming](#)

Medley, Lisa

- [Luxurious, Liberated, Luminous Locomotion: Your Body Moving](#)

Murray, Elizabeth

- [Are You in Your Right Mind? Understanding Imagery as a Healing Tool](#)

Pastoor, Denise DeForest

- [Sweet Slumber and the Land of Nod: Understanding Sleep](#)

Peterson, Kent

- [What is the Value Proposition of Wellness?](#)

Quast, Rachel

- [Obesity and Eating Disorders: Exposing the Storm Within](#)

Queen, Sandy

- [Aging and Saging with Wellness: What Does Wellness Look Like as We Get](#)

Selde, Susan and Ryan, Kay

- [Strong Medicine: Use Your Strengths to Maximize Your Efforts](#)

Stockdale, Brenda

- [Surprising Factors Behind Chronic Illness & Cancer: Skills That Save Lives-- Launching Effective Mind/Body Medicine Programs](#)

Tummers, Nanette

- [Bringing Mindful Education to Our Schools and Communities](#)
- [The Sisterhood/Brotherhood Project: A Resiliency and Emotional Intelligence and Mentoring Program for At Risk High School Students](#)

Ward, Rosie

- [Lessons From a Recovering Incentive Addict](#)

Weaver, John R

- [Mindfulness Training for Emotional Well-Being](#)

Weiss, Margie

- [Collective Efficacy: Healthy, Sustainable Lifestyles at Work and School](#)

Wolfe, Karen

- [Environmental Wellness and Productivity: Solutions for a Less Toxic Life-Style](#)

Wood, Andrew

- [Making Ergonomics Part of Your Health Promotion and Wellness Programs](#)