

35th Annual National Wellness Conference

July, 2010

Aging and Saging with Wellness: What Does Wellness Look Like as We Get Older?
Queen, Sandy

Are You in Your Right Mind? Understanding Imagery as a Healing Tool
Murray, Elizabeth

Astonishing Noncompliance: Understanding Readiness for Change and Grief in the Health Challenged Client
Arloski, Michael

Authentic Communication: The Pathway to Connection and Healing, Part I
Lawson, Karen and Gorman, Rebeca

Authentic Communication: The Pathway to Connection and Healing, Part II
Lawson, Karen and Gorman, Rebecca

Bringing Mindful Education to Our Schools and Communities
Tummers, Nanette

Collective Efficacy: Healthy, Sustainable Lifestyles at Work and School
Weiss, Margie

Create Healing: Focus on What You Need to Think, Hear, See and Feel to Change Your Life
La Faive, Lucy

Creating Online Social Networks to Promote Wellness in the Net Generation and Beyond
Hamilton-Hancock, Diane and Sweet, Dawn

Creating Positive Environments that Enhance Learning, Well-Being and Happiness
Leafgren, Fred A

Environmental Wellness and Productivity: Solutions for a Less Toxic Life-Style
Wolfe, Karen

Facilitating the Paradigm Shift Toward Wellness: What We Can Learn From Community Pediatricians
Hamilton, Donna

Gratitude, Appreciation and Optimism: A Powerhouse of Journaling Practices to Enhance Body/Mind Wellness
DeFoore, William G

Healthy Single Living
Gaertner, Bill and Riley, Betty

How to Become a Support Seeking Missile

Hill, Erick

How to Get a Job in Wellness

Ebert, Carol

How to Sell Wellness to Your C-Suite

Geist, Jennifer A and Hess, Janice

Innovative Approaches to Worksite Diabetes Management

Armstrong, Sara E

Lessons From a Recovering Incentive Addict

Ward, Rosie

Listening to the Human Condition: A Benchmark for Overall Wellness

Blauw, David and Blanchard, Michael Kelly

Luxurious, Liberated, Luminous Locomotion: Your Body Moving

Medley, Lisa

Making Ergonomics Part of Your Health Promotion and Wellness Programs

Wood, Andrew

Mental Health Problems: Causes, Prevention and Implications for REAL Wellness Programs

Lees, Rod and Ardell, Don and Weaver, John R.

Mindfulness Training for Emotional Well-Being

Weaver, John R

Motivating Staff to do Their Best

Leafgren, Fred A

Motivational Interviewing: A Path to Improving Outcomes and Personal Growth in Working with Others

Gaertner, Bill

Obesity and Eating Disorders: Exposing the Storm Within

Quast, Rachel

Optimize Health NOW! Innovative Ways to Best Outcomes

Becker, Craig M

Robert G Ingersoll: What the 19th Century's Greatest Orator Can Teach Us About Wellness Solutions that Work Now

Ardell, Donald B

S.E.E.ing is Believing: Turning Obstructions Into Opportunities

Aranmor, Shanen Lee

SBIRT & Motivational Interviewing: Tools that Guide Physicians to Support Healthy Behavior Change

Haren, Kriss and Gould, Sheryl

See It, Don't Be It: A Powerful Imagery Process for Managing Addiction, Anxiety and Anger Issues
DeFoore, William G

Semiprofessional Worriers
Levac, Kathleen

Strong Medicine: Use Your Strengths to Maximize Your Efforts
Selde, Susan and Ryan, Kay

Surprising Factors Behind Chronic Illness & Cancer: Skills That Save Lives--Launching Effective Mind/Body Medicine Programs
Stockdale, Brenda

Sustainable Landscapes for Healthy People
Girolamo, Thomas J

Sweet Slumber and the Land of Nod: Understanding Sleep
Pastoor, Denise DeForest

Tai Chi Easy: The New, Ancient Energy Exercise for Any Wellness Setting
Jahnke, Roger

The Abundant Diet: Seek to Savor More and Consume Less
Hill, Erick

The Active Wellness Model: Making Movement The Center Of Sustainable Change
Arloski, Michael

The Sisterhood/Brotherhood Project: A Resiliency and Emotional Intelligence and Mentoring Program for At Risk High School Students
Tummers, Nanette

Worksite Wellness: Standards are Coming
McPeck, William

Yoganna Love It: A Wellness Intervention for Seniors
Eggleston, Brandon and Ehlman, Katie

Your Marketing Funnel: Successfully Marketing Your Wellness Programs by Moving From Free to Fortune
Ebert, Carol