



## EMPLOYER WORKSHOP SERIES



# Fostering Health & Happiness in the Workplace

Explore the benefits of investing  
in the well-being of your team.

APRIL 17, 2024 | 9:00 - 11:00 AM

Bamboo Royal Oak (Lower Level)

220 S Main Street | Royal Oak, MI

A 2023 “Work in America” survey conducted by the American Psychological Association indicated only 36 percent of respondents were “very satisfied” with the mental health and well-being support they received from their employer. Given today’s challenges with recruiting and retaining quality employees, this figure should act as a wake-up call for human resource managers.

Join us for a special hybrid employer workshop, being held in-person and virtually, on the steps to fostering a more healthy, happier and productive work environment for you and your team. We’ve assembled a panel of experts ready to discuss the best practices for accomplishing this and elevating your workplace culture.

### WORKSHOP HIGHLIGHTS:

- Steps an employer takes to establish a wellness program
- The cost of implementing a wellness program
- The value of implementing a wellness program from an employer’s perspective

[OaklandCountyMIWorks.com](http://OaklandCountyMIWorks.com)

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### SPEAKERS:



**Moderator: Karmen Wettlin**  
*Business Solutions Professional,  
Oakland County Michigan  
Works! Oak Park*



**Dr. Kamaria Washington, PT, DPT**  
*Physical Therapist, Women’s  
Health Educator & Corporate  
Wellness Coordinator, Pelvic  
Noire LLC*



**Alyssa Williams**  
*Chief Wellness Officer,  
ASW Wellness*



**Alandra Chuney Jackson, LMSW**  
*Founder, The Sister’s Couch*



**Dr. Sara Whedon**  
*Clinic Director, Chiropractic  
Lifestyle Studios*

**Advance Registration is Required:**  
[tinyurl.com/ye5w59bp](http://tinyurl.com/ye5w59bp)

After registering you will receive a confirmation email, including information about joining the meeting virtually, if you cannot attend in-person.

