



## Healthy Employers = Healthy Communities

May 3<sup>rd</sup>, 2018

8:00am to 12:00pm

**Healthy, full breakfast with time to network and visit our exclusive exhibitors!**

- 8:00am      **Session Kickoff**  
*Marla Pelletier, Inward Office Yoga*
- 8:15am      **Wealth of Health Award Winner Spotlight**  
*Dixon Schwabl, RTS, CCSI and Thompson Health*
- 9:00am      **Break & Exhibits**
- 9:15am      **D&C “Best Place to Work” Winner Spotlight**  
*LaBella Associates, Hilton Schools and Jewish Senior Life*
- 10:15am     **“Blue Zone” Fundamentals and Plans for our Area**  
*Ellen Polimeni, Mayor of Canandaigua*
- 11:00am     **Snack Break & Exhibits**
- 11:15am     **Healthy Ways to Recover from Addiction**  
*ROcovery Fitness*