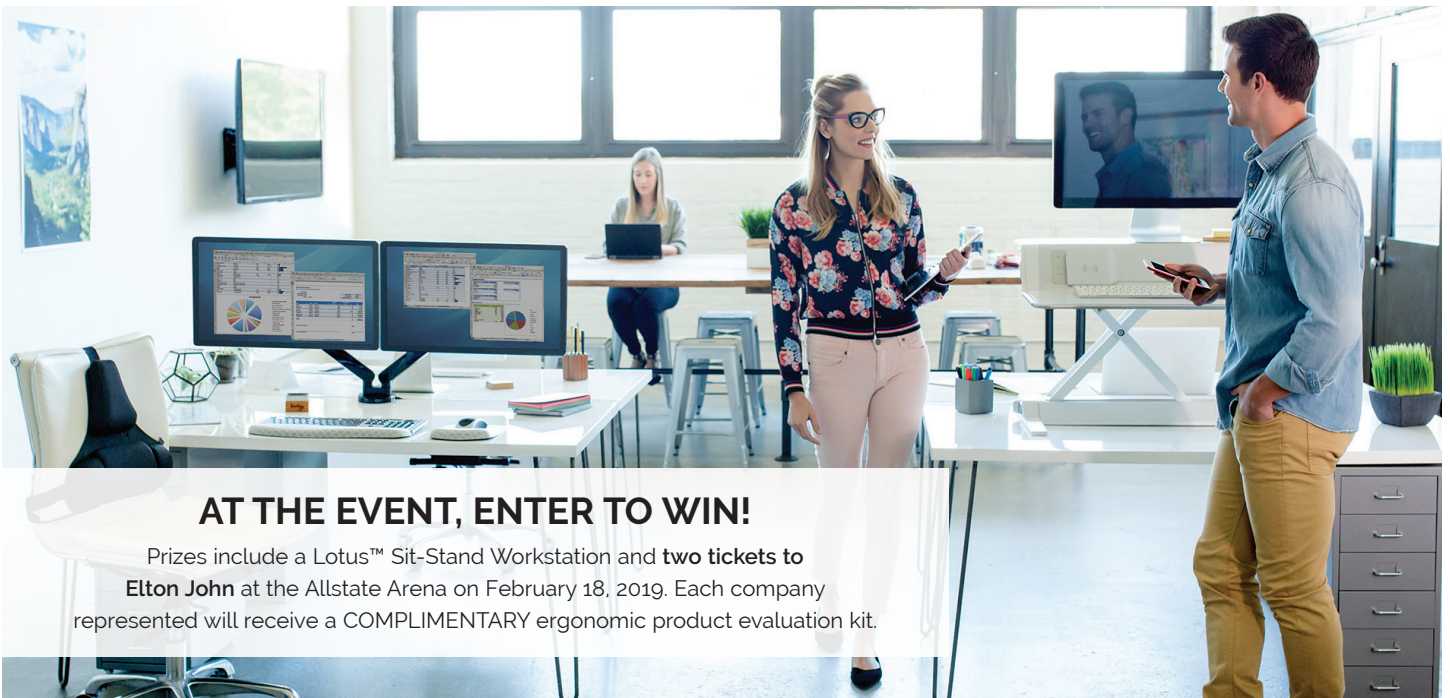




COMPLIMENTARY SPONSORED EVENT



### AT THE EVENT, ENTER TO WIN!

Prizes include a Lotus™ Sit-Stand Workstation and two tickets to Elton John at the Allstate Arena on February 18, 2019. Each company represented will receive a COMPLIMENTARY ergonomic product evaluation kit.

Learn how you can improve your productivity and bottom line in this educational seminar providing engaging and practical information about workplace well-being.

#### WHO SHOULD ATTEND:

Anyone who is responsible for maintaining a company's culture, promotes and/or leads a wellness program, uses training, or sets product standards to solve wellness issues.

#### WHY YOU SHOULD ATTEND:

- To learn about the updated science on health and well-being and its impact on productivity
- To create simple strategies that focus on movement, health & the environment so employees can work better
- To quantify what an investment in well-being yields with case studies and ideas to implement your own Worktivity Plan
- To brainstorm strategies that would work in your culture and environment to allow your employees to work better



#### PRESENTED BY: Natalie Johnson

Natalie Johnson is the President of Population Health Consultants, a firm focusing on creating healthy populations and cultures through leadership driven training & initiatives. She works with companies locally and globally to identify ways to align company mission to the importance of overall physical, mental & emotional health. As a Sports Nutritionist, Personal Trainer, Performance Coach and Health Coach, Natalie uses her skills to create comprehensive solutions that start with a buy in from leadership and a well-being plan that has purpose.

#### DATE

Wednesday, November 14, 2018

#### LOCATION

Hyatt Regency O'Hare – Heathrow Room  
9300 Bryn Mawr Ave.  
Rosemont, IL 60018  
\*Parking will be validated

#### AGENDA

9:00 – 9:30 AM  
Arrival and Check-in  
Breakfast will be served

9:30 – 10:30 AM  
Presentation by Natalie Johnson

10:30 – 11:00 AM  
Interactive Product Demonstration  
Q&A Session

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HOSTED BY:

