

## Pre-Conference Binder Contents

1. **Powerpoint presentation/handouts from Speakers:**
2. **National Wellness Institute – 6 dimensions of wellness** Definition of Wellness, Applying wellness.  
[http://www.nationalwellness.org/index.php?id\\_tier=2&id\\_c=25](http://www.nationalwellness.org/index.php?id_tier=2&id_c=25)
3. **Worksite Wellness Program Keeps Employees Healthy**  
Center for Health Improvement Research Brief. July 2008. Results from a three-year study implementing interventions into the workplace at the California Department of Health Services.  
[http://www.chipolicy.org/pdf/6111.Research\\_Brief\\_7\\_08\\_LR.pdf](http://www.chipolicy.org/pdf/6111.Research_Brief_7_08_LR.pdf)
4. **Lorrene Ritchie, Center of Weight and Health UC Berkeley. Summary of Review of Literature on Worksite Wellness Program.**
5. **Implementing Wellness Programs in Small Business Settings — Part 1. WELCOA**  
[http://www.welcoa.org/freeresources/pdf/aa\\_7.2\\_jan08\\_sb1.pdf](http://www.welcoa.org/freeresources/pdf/aa_7.2_jan08_sb1.pdf)
6. **Implementing Wellness Programs in Small Business Settings — Part 2. WELCOA**  
[http://www.welcoa.org/freeresources/pdf/aa\\_7.3\\_feb08\\_sb2.pdf](http://www.welcoa.org/freeresources/pdf/aa_7.3_feb08_sb2.pdf)
7. **WELCOA's 7 Benchmarks of Success.**  
[http://welcoa.org/wwp/pdf/aa\\_6.1\\_novdec06.pdf](http://welcoa.org/wwp/pdf/aa_6.1_novdec06.pdf)
8. **Creating Cohesive Wellness Teams. Developing Results-Oriented Wellness Programs. WELCOA**  
[http://www.welcoa.org/freeresources/pdf/aa\\_6.3\\_feb07.pdf](http://www.welcoa.org/freeresources/pdf/aa_6.3_feb07.pdf)
9. **Choosing Appropriate Interventions. WELCOA**  
[http://www.welcoa.org/freeresources/pdf/aa\\_6.8\\_aug07\\_appint.pdf](http://www.welcoa.org/freeresources/pdf/aa_6.8_aug07_appint.pdf)
10. **Stressed Less. WELCOA**  
[http://www.welcoa.org/freeresources/pdf/stressed\\_less.pdf](http://www.welcoa.org/freeresources/pdf/stressed_less.pdf)
11. **101 Ways to Wellness**  
[http://www.welcoa.org/wwp/pdf/101\\_Ways\\_To\\_Wellness.pdf?PHPSESSID=5a33078bfc\\_eab85e731264697a93...](http://www.welcoa.org/wwp/pdf/101_Ways_To_Wellness.pdf?PHPSESSID=5a33078bfc_eab85e731264697a93...)
12. **Doing Your Best is Good Enough**  
<http://www.inneridea.com/library/doing-your-best-is-good-enough>
13. **The Healing Power of Laughter**

<http://www.rd.com/living-healthy/health-benefits-of-laughter--optimism/article16341.html>

**14. Life at the Speed of Change**

<http://www.brianlukeseaward.net/articles/SpeedofChange.pdf>

**15. Hard Times, Tough People. Is Resilience In Your Future?**

[http://www.welcoa.org/freeresources/pdf/resilience\\_case\\_study.pdf](http://www.welcoa.org/freeresources/pdf/resilience_case_study.pdf)

**16. Resource list – Worksite Wellness books and web links**