



EVENT ALERT

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Free Workshop: Incorporating Wellness in the Workplace

Friday, October 12, 2007

1:00 PM - 4:00 PM

RochesterWorks! Downtown Career Center

Rochester, NY—October 3, 2007-- RochesterWorks! will host a free workshop on workplace wellness on October 12 from 1-4 p.m. at RochesterWorks! Career Center, 255 North Goodman Street. The workshop will be led by Rosa Smith-Montanaro.

Wellness programs are becoming popular with companies because the benefits far outweigh the costs. Healthy employees are more productive, less likely to get hurt, and able to recover more quickly if they do get hurt.

This workshop is for leaders, managers, and front-line employees of organizations. Learn what you can do to increase the wellness in your workplace. This three-hour overview will cover key areas of wellness and provide insight on changes that will improve your workplace by using simple, little or no cost changes.

Lower health costs, reduced injury and absenteeism rates, and significantly lower workers' compensation claims and costs can all result from helping employees become more health-conscious. If you haven't yet started a wellness program at your workplace, what are you waiting for?

Rosa is the award winning creator of www.MindOverPlatter.com. A Rochester based online weight loss and wellness community. Her book *Mind Over Platter: Train your brain to think thin!* was released in June of 2006. She has Master level certifications in the areas of NLP (Neuro Linguistics Programming), Success Coaching, Humanistic Neuro Linguistics Psychology, and The Enneagram.

Registration and More Information

Pre-registration is required. Please visit www.rochesterworks.org to register online. Seating is limited. If you have any questions, please contact Laura Seelman at 258-3545.

RochesterWorks! is located at 255 N. Goodman St., at the corner of College Ave., across from Village Gate. Parking is free.

RochesterWorks! is dedicated to helping Monroe County develop a strong workforce. *RochesterWorks!* helps job seekers find jobs, move to higher paying jobs or get training to improve skills. *RochesterWorks!* assists businesses with recruitment, assessment, placement and training, and connects them to all federally funded employment and training programs in Monroe County. *RochesterWorks!* has helped attract millions of dollars in funding to support Monroe County companies and organizations.

Services are available at two convenient full service Career Centers at 255 North Goodman Street and 276 Waring Road in Rochester. Training services are available at our satellite center at the Center for Workforce Development at 3545 Buffalo Road. Services are free of charge.

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