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NEWS RELEASE

CONTACT:
Kathy Funke, Director
News & Information Services
812/465-7005
FAX 812/465-1956

USI seminar to look at new trends in health promotion and wellness

A seminar to improve existing health promotion programs, assist interested companies and individuals in **initiating new programs, and to present new trends in health promotion and wellness will be held on** Thursday, September 24 in the University Center at the University of Southern Indiana. Representatives from local companies, hospital administrators, and health educators will offer information in sessions throughout the day. Registration for the day-long program begins at 7:30 p.m. in Carter Hall.

Dr. Karen Wolfe, a licensed physician in her homeland of Australia, will deliver the keynote address at 8 a.m. Dr. Wolfe's initial work as a family physician has been followed by extensive experience in the administration of national health care in wellness programs in her role as the medical director of the Australian government's health service. Dr. Wolfe has a special interest in the mind/body connection for health and wellness and has written the book, *Awaken Your Healer Within*.

"The seminar can assist businesses and companies with health promotion," said Judi Kuric, director of Wellness for the USI School of Nursing and Health Professions and a speaker for the seminar. "It will help businesses that want to start a program and it will address problems for companies that have a wellness program established."

Health promotion experts from Johnson and Johnson Health Care Systems, one of the original companies to promote wellness, will be talking about incorporating shift and union workers in wellness programs.

The future of health care in the tri-state will be a topic addressed by local hospital administrators in an afternoon session. The panel will include Richard Broen, president and CEO of St. Mary's Medical Center; Marjorie Soyugenc, president and CEO of Welborn Hospital, and Ms. Linda White, vice president and COO of Deaconess Hospital. The cost of the seminar is \$65 which includes materials, lunch, and refreshments. Reservations are being accepted through September 23 by calling USI's Office of Extended Services at 812/464-1863.

The seminar is sponsored by Southern Indiana Labor/Management Education Forum, Tri-State Business Group on Health, Health Promotion Resource Center, USI School of Nursing and Health Professions, and USI.

Some additional resources:

Judi Kuric, director of Wellness, USI School of Nursing and Health Professions, 867-3101
Gib Riffle, health promotion and wellness manager, Anthem Blue Cross and Blue Shield,
469-7578

Dr. Karen Wolfe, keynote speaker, 714/770-8274

Peggy Graul, coordinator of continuing education, USI, 465-1161