

EAPA PITTSBURGH CHAPTER

INTERNATIONAL



LABOR • MANAGEMENT • CONSULTANTS

President:

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SEPTEMBER MEETING, 2007

ANNOUNCEMENT

When: Tuesday, September 18, 2007 - Host: Washington Hospital

Where: Wilfred R. Cameron Wellness Center, 240 Wellness Way, Washington, PA 15301 - Conference Room A (see last page for directions)

The Cameron Wellness Center is offering day passes to anyone who would like to work out after the meeting. Stretch, exercise, and relieve some stress!! We hope you can stay.

Time: 8:30-9:00am Introductions & Business Meeting
Program: 9:00-11:30 a.m.

Presenters: Holli Smith, MS, MS, CHES, Coordinator, Health and Wellness Institute, The Washington Hospital
Pam Cummings, RN, MBA, Director, Health and Wellness Institute, The Washington Hospital
Ryan McCleaster, Director of Operations, Wilfred R. Cameron Wellness Center

PROGRAM:

Wellness made Easy! How you can make our Corporate Program yours! The Washington Hospital Model: Apollo and the Wilfred R. Cameron Wellness Center

Wellness is more than a buzz word. It is a culture that promotes optimal well being and invites all comers. Becoming and/or staying healthy and grounded are not easy tasks. The busy world we live in does not support direct access to holistic wellness. The Washington Hospital (TWH), Washington, PA, has created an award winning program that has shown positive affects in a short

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time. Learn about wellness (TWH way) and how to bring this concept to your worksite and to others you associate with.

The following objectives will be discussed;

- Wellness as a way of life
- Why wellness at the worksite
- Wellness as a readiness model
- Why wellness for an organization and/or an individual
- Championing wellness as a role model
- What every worksite can do with even a small budget and some energy
- Corporate wellness and why TWH is positioned positively to assist organizations
- Statistics and outcomes from the first 2 years at TWH
- What we can offer and why we are the ones to offer it

Moderator: Patty Epps, Washington Hospital EAP

Fee: A \$15 guest fee will be charged to non-members and a \$5 guest fee will be charged for full time students with a current, validated I.D. (There will be a \$10 surcharge for all returned checks.)

Professional Development Hours: PDH's for CEAP's for LSW's and CAC's are pending and will be awarded at the close of the meeting.

IMPORTANT DATES AND OTHER NEWS OF INTEREST:

Future Pittsburgh Chapter EAPA Meetings: Third Tuesday of the month except August (no meeting). Meeting place varies each month and hosted by supportive organizations.

Next EAPA meeting: 10-16-07 "Betting on Treatment"

Chapter members wishing to make additions, deletions or any other changes to the mailing list, please email to jshan725@aol.com or contact Judy Shannon at 724-413-5716.

We are attempting to decrease mailing costs by providing the EAPA Chapter Newsletter via e-mail. If you do not have access to a computer and need to have the Newsletter mailed to you, please contact Judy Shannon at the address below. There is a \$10.00 annual fee to cover mailing costs for non-members.

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Judy Shannon
Greenbriar Treatment Center
visit our web page (under construction) – www.eapa.net/pittsburgh

THANK YOU FOR YOUR COOPERATION!!!!

DIRECTIONS TO CAMERON WELLNESS CENTER:

From Pittsburgh

Take Rt. 79S to the Meadows Lands (Race Track Road) exit. Turn left and follow Race Track Road to Rt.19. Turn right onto 19S.

At the first traffic light, turn right onto Cameron Road at the Washington Ford Dealership. Go past the dealership driveway on right and make the next right (Wellness Way) into the Wilfred R. Cameron Wellness Center complex. Make first right turn off Wellness Way into the complex. Wilfred R. Cameron Wellness Center is on left with large parking lot in front.

From 70 East or West

Take Murtland Ave/19 North Exit

Take Route 19 North, continue past Wal-mart on right,
Gabriel's on right, the Foundry Shopping Ctr on
Left. At the next major intersection make a left onto Manifold Rd.
at the Washington Ford dealership.

Go past the driveway of the dealership on the right and make a right on
Wellness Way. Make the first right into our parking lot.
Our building will be on your left with ample parking in front.

From Washington- 19 North

Take Route 19 North, continue past Wal-mart (Washington) on right,
Gabriel's on right, the Foundry Shopping Ctr on
Left. At the next major intersection make a left onto
Manifold Rd. at the Washington Ford dealership.

Go past the dealership driveway on right and make the next right (Wellness Way) into the Cameron Wellness Center complex. Make first right turn off Wellness Way into the complex. Wellness Center is on left with large parking lot in front.

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