

# Wellness in the Workplace: Insights Sessions

Thursday May 30th - 8am till 1pm @ The Grand Hotel Nanaimo

info@carbonsafety.ca / 250 734 1373 to reserve a seat or book an exhibition space



**Carbon Safety Solutions** is looking forward to presenting a range of speakers who will be sharing insights on the concept of wellness at work. Speakers will share their expertise on wellness at work, and provide human resources and safety practitioners, managers, supervisors, and owners with benefits, solutions, and resources to assist in increasing wellness in the workplace. Attendees will have the opportunity to network over a light lunch.



**Dennis Larabee** from the Canadian Mental Health Association Mid-Island will be discussing how employers can navigate the challenges of work place mental health, and touch on resources available to proactively support the workforce.



**Dr. Joanne Crandall** of Salish Sea Psychology will touch on the impact of toxic stress in the workplace on the brain, how to identify vicarious trauma and burnout, and strategies to stay emotionally and psychologically healthy at work.



**Tricia Pearson** of Step Up To The Plate Nutrition will explore nutrition & lifestyle choices as keys to good mental health, immune function and digestive wellness. Tasty solutions to short lunch breaks or always being on the road are on the menu (hint – it's not Tim Horton's).



**Karl Woll** of Fatigue Science will summarize common fatigue challenges in the workplace setting, how leading organizations are quantifying fatigue, and some practical solutions to reducing fatigue – at organization and individual levels.



**Scott Lescak** of Carbon Safety Solutions will review how wellness can expand beyond the traditional concept of health and safety in the workplace, and highlight focal points for employers to consider.



**Brad Wood, CHS** of Island Group Benefits will speak on shifting the mindset on Group Benefits, discussing lesser known benefits already included and some that only progressive, forward-thinking companies can dream up.

## PRICING

**Early Bird Pricing - Purchase Prior to May 4th**  
Nanaimo Chamber of Commerce Members - \$35  
Attendee Early Bird - \$45

**Standard Pricing - May 4th to May 24th**  
Nanaimo Chamber of Commerce Members - \$45  
Attendee Standard - \$55

There are limited exhibition spaces available. For information on exhibiting contact info@carbonsafety.ca.