



Media Release

Chesapeake Employers' Insurance Company
8722 Loch Raven Boulevard
Towson, MD 21286

CONTACT: Claudia Cioffi
Manager of PR & Strategic Communications
410-494-2193
ccioffi@ceiwc.com
www.ceiwc.com
Twitter: @CEIWCmedia

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Maryland Workplace Health & Wellness Symposium Features National and International Key Speakers

(TOWSON, Md.) — Chesapeake Employers' Insurance Company announced the key speakers for the Maryland Workplace Health & Wellness Symposium scheduled to take place June 5, 2015 at the BWI Marriott Hotel in Linthicum, Md. The lineup of national and international speakers includes:



Tom Rath, researcher and author of five international bestsellers, will share his latest research about how small choices profoundly affect our daily wellbeing and effectiveness at work. Drawing on the latest research from business, psychology and economics, Tom's presentation will focus on the most practical changes we can make to create better days for ourselves and others. He will address the importance of meaningful work, the influence of relationships and interactions, and how we can create the physical energy we need to be our best every day.



M.C. Schraefel, Ph.D., professor of computer science and human performance at the University of Southampton, England, will provide attendees with insights on how to acknowledge what's exceptional in our lives and improve what's not. Her presentation: "From Resilience to Brilliance at Work" will focus on techniques for improving creativity, health and wellbeing in the workplace. Ms. Schraefel is also a fellow of the British Computer Society and a senior researcher fellow of the Royal Academy of Engineering.

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Stacy Molander, vice president of strategic initiatives for Partner for a Healthier America (PHA), will provide first-hand insights into the projects, progress and direction of PHA. PHA is committed to working with the private sector to ensure the health of our nation's youth by solving the childhood obesity crisis. PHA's work centers on making healthier choices more affordable and accessible to families and children across the country.

Founded in 2010 in conjunction with, but independent from, Let's Move!, PHA is supported by honorary chair First Lady Michelle Obama.

The symposium will feature two panel discussions: "Engaging the Unengaged Employee" and "Health Reform and the Changing Healthcare Landscape."

The wellness symposium is a free, half-day seminar for employers. It will present the latest information on workplace wellness programs and ways to motivate employees to maintain and improve healthy lifestyles. Reservations are required. Register at www.ceiwc.com or call 410-494-2170. Continental breakfast and box lunch are included.

The 2015 Maryland Workplace Health & Wellness Symposium is presented by [Chesapeake Employers' Insurance Company](#) and sponsored by [Business Health Services](#).

About Chesapeake Employers' Company

Chesapeake Employers' Insurance Company is Maryland's largest writer of workers' compensation insurance. It is a nonprofit, non-stock, private corporation. Formerly known as IWIF, Chesapeake Employers has served as a continuous, guaranteed source for fairly priced workers' compensation insurance since 1914.

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