



News

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Debra Wein Co-Chairs New England Employee Benefits Council's Wellness Program

Debra Wein, president and founder of Hingham, Massachusetts-based Wellness Workdays, is co-chair of the November 20 program Corporate Wellness: Leveraging Vendors and Local Resources to Create Successful Wellness Programs! The event, which is the third in a series of wellness programs developed by the New England Employee Benefits Council (NEEBC), features speakers Mari Ryan, CEO of AdvancingWellness, and Nicole Francoeur, Senior Director at Boston Heart Walk for the American Heart Association.

The program will explore the ways that organizations of all sizes have used national and local resources to bring effective wellness strategies to their employees when faced with limited budgets. The presenters will discuss free and low cost wellness resources, leveraging insurance carriers and partners for results, bringing community programs to the worksite and working with area health care providers to customize or incent employees for wellness. The event, which is open to both members and non-members begins at 8:30 am at the Waltham Woods Conference Center in Waltham, Massachusetts. Complete details are available [here](#).

A seasoned entrepreneur, Debra Wein develops and implements award-winning worksite wellness programs for organizations throughout the country. Her business, Wellness Workdays, is a leading provider of worksite wellness programs and the only worksite wellness provider in Massachusetts to receive state and national certification as a woman-owned business enterprise. Debra is also the president and co-founder of partner company Sensible Nutrition, Inc., a consulting firm of RDs and personal trainers that provides nutrition and wellness services to individuals. Debra is a nationally recognized expert on health and wellness with nearly 20 years of experience in the industry.

The [New England Employee Benefits Council](#) (NEEBC) was founded in 1979 to promote discussion, networking, and informational exchange among the region's employee benefits practitioners. Since that time the organization has grown to 1,250 members representing both purchasers and providers of benefits services and products. NEEBC remains committed to providing high quality benefits-related education while fostering sound procedures, principles and practices.

About Wellness Workdays

Wellness Workdays (www.wellnessworkdays.com) is a Hingham, Massachusetts based company that provides worksite health and wellness programs that inspire employees to make simple and positive changes in their lives and improve their health. We have worked with

hundreds of companies including Putnam Investments, Brown University, the Massachusetts Institute of Technology, Rockland Trust, Perkin Elmer, Old Mutual Asset Management, Waters Corporation, the Town of Westwood, Bentley University and Harvard Business School. Wellness Workdays offers the only ACEND-approved worksite wellness focused internship for dietetics students interested in becoming Registered Dietitians.

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