



News

March 19, 2013

Debra Wein Invited to Speak at Columbia University

Debra Wein, president and founder of Wellness Workdays, has been invited to speak at her alma mater Columbia University on April 13. She will present at the Teachers College, Columbia University 2013 Academic Festival "Celebrating a Tradition for Tomorrow." Debra is the only alumna featured on the all faculty panel "You Can Get There from Here: Pathways to Wellness," a session that will explore a variety of approaches to physical and emotional well-being.

The event is part of the Teachers College, Columbia University fifth annual signature homecoming event, which anchors a year-long series of 125th anniversary events on campus, bringing together alumni, students and friends of the college for a day of learning, engaging and celebrating. Attendees can take part in interactive breakout sessions featuring alumni, students and faculty who represent all 10 of the college's academic departments and will explore the cutting-edge work that keeps the college at the forefront of change and innovation.

Teachers College, Columbia University (<http://www.tc.columbia.edu/>) is the oldest and largest graduate school of education in the United States, and also perennially ranked among the nation's best. The college is committed to a vision of education that encompasses four core areas of expertise: health, education, leadership and psychology.

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 RD's and personal trainers, which 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.

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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