



News

November 12, 2012

Debra Wein Presents at the Massachusetts Association of Health Underwriters Benefest

Debra Wein, president and founder of Wellness Workdays, presented to more than 50 benefit professionals at the Massachusetts Association of Health Underwriters (MassAHU) Benefest on October 4 in a joint presentation with David Szabo, a partner at Edwards Wildman. Their topic **“Employee Wellness Challenges: Keeping Them Well, Keeping You Compliant”** outlined the key factors to implementing a wellness program that will get results and covered the federal and state regulations that wellness programs can trigger.

Kate Bardsley, Executive Director of MassAHU, noted “We are so fortunate to have had the opportunity to have Debra back and her co-presenter. By all accounts, this was a very successful workshop. Lots of positive feedback!”

A seasoned entrepreneur, Debra’s company Wellness Workdays based in Hingham, Massachusetts, 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. Her programs have won awards from both industry organizations and well-respected publications. 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. She has designed award winning programs for both individuals and corporations around the country and is a nationally recognized expert on health and wellness with nearly 20 years of experience in the industry.

MassAHU is a professional association dedicated to promoting the common business interests and ethical practices of its members and advocates for the best possible application of all health insurance and related products and services in the Commonwealth of Massachusetts. More information is available at www.massahu.org.

About Wellness Workdays

Wellness Workdays (www.wellnessworkdays.com) is a Hingham, Massachusetts based company committed to providing corporate health and wellness programs that inspire employees to make simple and positive changes in their lives and improve their health while working to lower health care costs for businesses. Wellness Workdays has 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, Sekisui Voltek, Objet Geometries, the Town of Westwood, Bentley University and Harvard Business School.

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