



News

May 16, 2013

Debra Wein Invited to Speak at Yale University School of Medicine

Debra Wein, president and founder of Hingham, Massachusetts based Wellness Workdays, has been invited by the Institute of Lifestyle Medicine to speak to physicians and medical students in the preventive and internal medicine residency program at Yale University School of Medicine on May 17. Debra, a registered dietitian and a certified wellness program director, will discuss nutrition and weight loss counseling, readiness of patients to change behavior, importance of setting goals in making lifestyle changes and resources to help physicians help patients lose weight.

“Our established annual program for physicians and residents covers various aspects of lifestyle medicine,” said Mary Kennedy of the Institute of Lifestyle Medicine. “We have had increased interest in nutrition as this is a vital aspect of training physicians in lifestyle management. We are thrilled to have Debra Wein and Wellness Workdays as our partner and are looking forward to having Debra present.”

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 [Institute of Lifestyle Medicine](#) (ILM) was founded in 2007 at Spaulding Rehabilitation Hospital and Harvard Medical School to reduce lifestyle-related death and disease in society through clinician-directed interventions with patients. A non-profit professional education, research and advocacy organization, the ILM is at the forefront of a broad-based collaborative effort to transform the practice of primary care through lifestyle medicine. This critical transformation is motivated by research indicating that modifiable behaviors — especially physical inactivity and unhealthy eating — are major drivers of death, disease, and healthcare costs.

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.

For more information contact:

Melissa Maichle at

essentia Marketing & PR

781.534.8620

melissa@essentiamarketingandpr.com