



News

March 22, 2012

DEBRA WEIN Presents at Massachusetts Association of Clinical Exercise Physiologist Annual Meeting

Debra Wein, president and founder of Wellness Workdays, presents at the Massachusetts Association of Clinical Exercise Physiologist (MACEP) Annual Meeting, "Exercise is Medicine: Primary Prevention to Chronic Disease Management" on March 31. Debra will discuss nutrition and chronic disease at the conference, which will be held at the Sherman Auditorium at the Beth Israel Deaconess Hospital in Boston.

A seasoned entrepreneur, Debra's company Wellness Workdays based in Hingham, Massachusetts, is a leading provider of corporate wellness programs and the only corporate wellness provider in Massachusetts to receive state and national certification as a women-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, that provides nutrition and wellness services to individuals. She has designed award winning programs for both individuals and corporations around the world and is a nationally recognized expert on health and wellness with nearly 20 years of experience in the industry.

MACEP is dedicated to strengthening the profession of Clinical Exercise Physiologists and Exercise Specialists (CEPs). The organization defines the scope of practice of CEPs, provides networking and educational opportunities for CEPs in Massachusetts, advocates for the CEP profession within health care and with third party payers, and promotes licensure for CEPs in Massachusetts. More information about the conference is available at <https://sites.google.com/site/macep11/annual-meeting/2012>.

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, 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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