



## News

July 1, 2013

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### **New England Employee Benefits Council Appoints Debra Wein Co-chair of Wellness Planning Committee**

Debra Wein, president and founder of Hingham, Massachusetts based Wellness Workdays, has been appointed co-chair of the New England Employee Benefits Council (NEEBC) Wellness Planning Committee. The committee will organize three conferences on wellness throughout the year, sourcing speakers, developing content and satisfying the organization's members' interest in wellness. Members of the committee include other industry leaders from businesses, insurance providers and benefits advisors.

"Debra brings a wealth of experience about worksite wellness programs and implementing these initiatives in a broad range of industries with both diverse and dispersed workforces," said Patty Houpt, Executive Director of the New England Employee Benefits Council. "We are pleased to have her knowledge, enthusiasm and energy to help our organization develop engaging programs for our members about current wellness topics."

A seasoned entrepreneur, registered dietitian and certified wellness program director, 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 1,350 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](http://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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