



News

March 27, 2013

Debra Wein Presents to Rockland Trust “Women of Action”

Debra Wein, president and founder of Hingham, Massachusetts based Wellness Workdays, spoke at Rockland Trust’s Women of Action meeting on March 27. The "Women of Action" Focus Group was created by the women of Rockland Trust to provide networking opportunities to encourage social interaction and individual growth. Debra provided insights and tips for successful networking and explained the best practices for working a room at industry and other events.

A seasoned entrepreneur, Debra Wein develops and implements award-winning worksite wellness programs for organizations throughout the country, including Rockland Trust. 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, 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.

[Rockland Trust Company](#) is a full-service commercial bank headquartered in Massachusetts with \$5.8 billion in assets. Rockland Trust provides a wide range of consumer, business, investment, and insurance products and services throughout Eastern Massachusetts and Rhode Island. Ranked "Highest Customer Satisfaction with Retail Banking in the New England Region" in 2012 by J.D. Power and Associates, Rockland Trust's network consists of nearly 80 retail branches, and 10 commercial lending, four investment management, and three residential lending centers in Eastern Massachusetts and Rhode Island. Rockland Trust is a Member of the FDIC and an Equal Housing Lender.

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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