



News

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Debra Wein Speaks to Signature Healthcare About Wellness Workdays' Award Winning Wellness Programs

Debra Wein, president and founder of Hingham, Massachusetts based Wellness Workdays, spoke at the Executive Business Council Meeting of Signature Healthcare on March 26. Invited by Kim Hollon, President and CEO of Signature Healthcare, Debra discussed Rockland Trust's award-winning wellness program, which was implemented by Wellness Workdays.

Debra's presentation "Helping Your Employees Get Well and Stay Well" focused on the goals and unique challenges presented by Rockland Trust's wellness program, as well as the strategic approach developed by Wellness Workdays. She discussed the program successes and the cost avoidance realized by Rockland Trust. The presentation also focused on key steps employers can take to develop a culture of health among their populations.

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, 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.

[Signature Healthcare](#) comprises 550 physicians and other direct care providers and 2,500 associates operating from locations in Abington, Bridgewater, Brockton, Randolph, Raynham, and Stoughton. The organization's team approach to healthcare consists of medical professionals across many locations communicating and collaborating, taking advantage of technologies and resources to make a difference in the lives of their patients.

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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