



American Heart Association®

Workplace Health Solutions™

3rd Annual Tuscaloosa Worksite Wellness Summit Digital Experience



Patrika Darbo - Emcee

Speakers

Linda H Lee

Author, Therapist, and Minister

Derek Osborn, CPS CPM

Non-Profit and Addictions Consultant

Kacie Kennedy

AHA Community Impact Manager

Join us for a live, online event:

The American Heart Association presents the 3rd Annual Worksite Wellness Summit Digital Experience. Join us on October 21st, 2020 from 10am-12pm for a digital experience designed for HR directors, Safety managers, Wellness program managers and anyone wanting to collaborate and share ideas to improve the health of your workforce.

This web session will feature engaging topics presented by local and national experts for mental health and workplace health initiatives. The American Heart Association is a national leader in workplace health by providing evidence-based recommendations and resources. In 2020, the American Heart Association CEO Roundtable issued a white paper on Mental Health in the workplace and since then has released many resources focused on stress, wellbeing, and mental health. In the face of the COVID19 crisis, the American Heart Association can highlight the resources specific to mental health and stress for our community. Community leaders learn about proven-effective and practical ways to improve employee health and wellbeing.

Locally sponsored by:



Wednesday, October 21, 2020
10a.m. - 12 p.m. CST

Register at:

<https://bit.ly/3hZGIHL>