

NISHRM

Northern Illinois Society for
Human Resource Management

You are invited to attend our
Wellness Fair and Breakfast Program
Thursday, October 13, 2016

Girl Scouts of Greater Chicagoland and Northwest Indiana
650 N Lakeview Parkway
Vernon Hills, IL 60061

Pre-register by email: nishrm@comcast.net

Members \$30, non-members \$50

Cash and checks accepted at the door, or pay in advance *using PayPal*. For details, visit www.nishrm.org

Agenda -

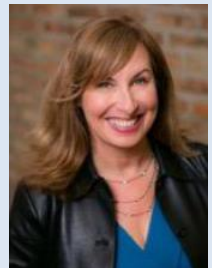
8-8:30am Registration, Networking and Breakfast

8:30-9:30am Increasing Engagement: *"Fitness, Personal Safety, Mental Self Defense and Teams"*

9:30-11:00am Wellness Fair (Vendor List on Following Pages)

Team Fireball founders Debbie Pickus and Bill Garcia will host an interactive discussion on alternative fitness focused ideas for increasing employee engagement, empowerment and health.

Debbie Pickus is the founder and CEO of Team Fireball Inc., a personal safety and fitness focused team building company. The programs are created using the fundamentals of self defense and other physical training activities that improve team productivity, engagement and over-all wellness. Debbie speaks professionally to groups about staying strong, powerful and confident in business and in life. She has been a fitness professional 20 years and is the former co-owner of a Title Boxing Club. She is a contributor in three books about women's empowerment, fitness and mindset.



Bill Garcia is the Chief of our Kool-Aid. He doesn't just believe you can increase engagement and empower people through fitness. he is alive today because of it. During three decades in corporate project management, he continually suffered from health issues including diabetes, high blood pressure and stress-related illnesses. Typical of a lot of corporate people - getting the job done was all that mattered. His poor health led to a breakdown and forced him to rethink his life. Bill embarked on a journey to health that had him lose 70lbs and no longer be encumbered with diabetes and high blood pressure. Bill speaks professionally to groups about personal change and increasing the engagement and productivity of teams through fitness focused team building.



This program is pending Recertification credits

A graphic of a spotlight with a yellow beam shining from the top left towards the center of the page.

VENDOR SPOTLIGHT
Thank you to our sponsor
Team Fireball



Question: If engaged employees are more productive, what happens when you have an engaged team?

We increase engagement through our personal safety and fitness based team building programs.

Our two signature team building programs, one based upon our nationally accredited personal safety training program and the other based upon a piece of exercise equipment that utilizes bands are designed for inclusion of all levels of fitness or physical accommodation.

These programs can be put on anywhere, your conference center, a fitness facility, hotel ballroom or even on a bus!

“We get your people FIRED UP!!”

Wellness Fair Vendor List –

Cancer Treatment Centers of America, Inc. (CTCA) – Is a national network of five hospitals that specialize in the treatment of patients fighting complex or advanced-stage cancer. CTCA offers an integrative approach to cancer treatment that combines surgery, radiation, and chemotherapy with nutritional counseling, naturopathic medicine, mind-body therapy, and spiritual support to enhance quality of life and minimize side effects during treatment. The company serves patients from all 50 states at hospitals located in Atlanta, Chicago, Philadelphia, Phoenix and Tulsa. Known for delivering the Mother Standard® of care and Patient Empowerment Medicine®, CTCA provides patients with comprehensive information about their treatment options so they can participate in their treatment decisions. www.cancercenter.com

Fredrick Chiropractic Plus – Has been in business for 30 years and has treated and helped thousands of people. Dr. Fredrick specializes in diagnosing and treating spinal mechanical pain, and as a wellness coach. We will be offering health screenings, chair massages, Ph testing, blood pressure tests and foot scans. www.fredrickchiroplus.com

InOut Labs – Provides Corporate Wellness Screening and Employee Drug and Alcohol Testing services for companies from 5 to 500 employees. On-site Wellness Screening events with aggregate employer reports, DOT and non-DOT drug testing, Criminal Background Screening, Fingerprinting, and testing for healthcare students and employees. We have thousands of testing centers across the country. www.inoutlabs.com

Jul Ellyn Skin Care – Julie Block, Esthetician. Master Esthetician and Make-Up Artist: Waxing, Facial and Make-Up Services. www.justbefitinc.com

Medulla (Chiro One) – It is Medulla's mission to lead patients and communities to a life of optimum health and wellness through education and service. Part of our responsibility lies in disseminating the most up-to-date and cutting edge health and wellness information. Our Wellness Suite includes: Spinal Health Screenings, Wellness Workshops, Health Fairs, and Employee and Customer Appreciation Days. www.medullallic.com

Wellness Fair Vendor List Continued . . .

Mental Health Solutions – Since 1997, Mental Health Solutions has focused on the *client*, providing individualized care and treatment based on specific needs and guiding each person to his or her best self. Unlike large hospitals and institutions, we are *personally invested* in developing relationships with our clients. MHS continues to be a multidisciplinary private group practice including psychiatrists, neuro and clinical psychologists, addiction counselors and marriage and family therapists. We serve individuals and families with a wide range of services in our outpatient offices as well as in nursing homes and assisted living facilities throughout the northern Illinois. We treat children, adolescents, adults, seniors and families.

Michelle Jarol – Health & Wellness Coach & NASM-Certified Personal Trainer. "For me, there's nothing more satisfying than helping people that I know achieve better overall health and wellness. Do you want to lose weight, get stronger, feel more energetic, or combat the effects of aging? Then, let's talk! I would love to share what I have learned with you..." www.rippleeffect4u.com or www.rippleeffect4u.isagenix.com

Money Management Educators – Is an education only non-profit organization. We provide our education services for free. As a supplemental employee benefit, our group workshops and personal education sessions have proven to help employees implement real change in their lives through a better understanding of time-tested wealth accumulation and protection principles and how these can impact their overall health and well-being.

Northbrook Inn – A memory care community by Kolsch Senior Communities, offers 24-hour on-site licensed nurses, medication service, diabetic management care, three nutritious meals daily, supervised outings, enclosed courtyards, activities and exercise programs and much more. www.northbrookinn.com

Northwestern Mutual – Since 1995, Northwestern Mutual - Northbrook has worked diligently to help people achieve their goals and dreams for financial growth and security. Backed by the strength of Northwestern Mutual with a foundation of more than 155 years, we enjoy a rich heritage as a provider of financial planning services in the greater Chicago area. Preparing for your financial future in any situation can be complex. It is important to have the help of highly trained and experienced professionals. The Financial Representatives, Advisors and Specialists are consistently regarded as being among the most highly qualified individuals in the business. www.northwesternmutual.com

Wellness Fair Vendor List Continued . . .

Points of Wellness Acupuncture – Ahn Tran, Acupuncturist/Owner. Our mission is to provide guidance for people to obtain maximum health through self-knowledge and a focused pathway, using the principles of Traditional Chinese Medicine.

www.pointsofwellness.net

Vein Clinics of America – Vein Clinics of America has been treating veins since 1981. Our network of physicians are the largest group in the country to specialize exclusively in the minimally invasive treatment of vein disease. Before practicing at VCA our physicians undergo a supervised, extended period of specialized training. Our patients can be confident that they'll be treated with professional expertise and personalized care from start to finish. And because VCA specializes exclusively in vein treatments, they can look forward to achieving the healthier and more attractive legs they want.

<http://www.veinclinics.com>

Vista Health Systems – Cholesterol screening and checking blood pressure: Vista Health System is your community healthcare provider; a network that includes two hospitals in Waukegan, Vista Medical Center East and Vista Medical Center West; the Vista Lindenhurst campus that includes the Vista Ambulatory Care Center; Lindenhurst Surgery Center, LLC; the Vista Freestanding Emergency Center; and the Vista Medical Office Building. The health system also has several locations for imaging, patient therapy and physician practices. We focus on bringing our patients current technology and surgical procedures, and more importantly, highly trained professionals.

<http://www.vistahealth.com/Vista-Health-System/home.aspx>

Walgreens – *Your business is as healthy as your employees.* You count on them to keep your business running smoothly. It makes good sense to keep them healthy and productive. And Walgreens can play an important strategic role in maximizing workforce productivity by providing healthcare and pharmacy services for small businesses and corporations. Our comprehensive services are accessible to everyone, offering you the ability to control costs while improving employee health.