



HENRY FORD ENHANCE

EMOTIONAL WELLNESS SYMPOSIUM

Mind Matters when Living a Healthy Lifestyle

Monday, October 10, 2016 7:45 a.m. to 12:30 p.m.

**Henry Ford Hospital Buerki Auditorium
2799 West Grand Boulevard Detroit, Michigan 48202**

**This is a no-cost Symposium and includes a continental breakfast
Registration is required**

*Bringing together all disciplines interested in advancing emotional wellness
CEU credits pending approval*

Emotional wellness is an important dimension of total health. It is an active, lifelong process of learning about ourselves and establishing a constant regular routine. In these ways, we can develop immunity from compassion fatigue and successfully adapt to the emotional challenges of everyday life.

HFHS Employees please register: <http://www.henryfordconnect.com/HFHSUniversity>

All others register by emailing your name, phone number and company you work for to: EAPregistration@hfhs.org

You will receive a confirmation email response.

For questions call: 586.263.2825

Self-Parking is available for \$2.50 in multiple lots or the parking garage. Valet parking is offered at Henry Ford Main Hospital entrance for a fee of \$4.00.



**Jazell
Hogans, MBA**
Mistress of
Ceremonies



**Shad
Kuklewski, PTA**
Morning Warm up



**Kimberlydawn
Wisdom, MD, MS**
Healthy Lifestyle



**Tom
Rifai, MD, FACP**
Mind Matters in
the 5 Pillars of
Healthy Lifestyle



**Eli
Zaret, BA**
Emotional Wellness
from a Sport's
Persons Point of View



**Gwendolyn
Stanulis, MSN, RN**
Resilience -
Recharging and
Recovering

Sponsored by
Henry Ford ENHANCE - Employee Assistance Program (EAP)



LiveWell
WorkWell