

# NEWS RELEASE

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For immediate release

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## ***Panhandle Safety & Wellness Conference & Awards Luncheon slated for October 6 at the Gering Civic Center***

Shelby Nebraska native and Team USA gold medal bobsledder, Curt Tomasevich, will be kicking off the Panhandle Safety & Wellness Conference by challenging attendees to take a risk and push forward to try something new!

The largest safety and wellness conference in Western Nebraska is looking forward to hosting a variety of top-notch keynote and breakout sessions addressing the latest concerns and trends in the field. Some of the topics include managing musculoskeletal pain and injuries, worksite resources to prevent diseases like diabetes, heart disease, stroke, and cancer, the health burden of prescription drug use, results-oriented wellness programs, and how sleep affects workplace performance.

Dr. Norman Imes will be delivering the sleep presentation and has a long-standing interest in sleep related breathing disorders and published some of the first articles in medical literature describing the sleep apnea syndrome and its pathophysiology. Imes will be providing an overview of what normal sleep looks like, sleep disorders, and the safety and economic impact of sleep disordered breathing on commercial drivers.

“It is exciting to bring such a high quality speaker line-up to the area,” said Jessica Davies, Assistant Health Director and Co-Coordinator of the conference. “Organizations from around the area use this opportunity to learn the latest strategies in keeping employees healthy and safe, key for employee retention, productivity, and morale.”

“We are also honored to recognize Banner County Schools, BNSF, Cabela’s, Panhandle Public Health District, and Western Nebraska Community College at the awards luncheon for their exemplary wellness programs,” Davies added.

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*It was AWESOME, WELL-WORTH the  
time and money!  
2015 Conference Attendee*

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Area organization’s safety and wellness committees, management, and HR professionals won’t want to miss this incredible opportunity. Four HRCI and SHRM credits will be awarded for Human Resource Professionals.

The conference is coordinated by the Panhandle Worksite Wellness Council, Nebraska Safety Council, and Western Nebraska Community College with sponsor organizations: Gold Level –

Kelley Bean & Chadron Community Hospital; Silver Level – Box Butte General Hospital & Panhandle Coop, & Western Sugar Cooperative; and Bronze Level – Crossroads Cooperative Association & Northwest Rural Public Power District.

For additional information about worksite wellness, visit [www.pphd.org/pwwc.html](http://www.pphd.org/pwwc.html) or call Davies at 308-487-3600 extension 101. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.