



Proudly part of



August 20, 2024

For immediate release

For more information, contact: Nicole Berosek at [nberosek@pphd.ne.gov](mailto:nberosek@pphd.ne.gov) or 308-279-3496

## **Panhandle Safety & Wellness Conference slated for September 19, 2024, at the Gering Civic Center**

We are excited to invite you to the annual Panhandle Safety & Wellness Conference showcasing leaders in safety and wellness and providing the most up-to-date information to take away for your worksite, organization, hospital, or school. Join us at the Gering Civic Center on September 19, 2024, for a jam-packed day.

We're also excited to announce that this year's event will feature 4.5 hours of SHRM continuing education credits. This new addition provides a fantastic opportunity to earn valuable credits while gaining insights into crucial workplace topics.

Dr. Michael Moravec, Physical Therapist and Owner of Bluffs Physical Therapy/Hydrozen, will deliver the keynote on "Safe & Sound: Mastering Workplace Wellness Through Ergonomics." Attendees will learn how to assess their employees' ergonomic needs and implement straightforward, in-house adjustments to workstations. Additionally, they will gain a comprehensive understanding of the essential requirements for effective workplace ergonomics.

"We're excited to offer this top-notch lineup to the Panhandle. It's an affordable day of learning designed to enhance employee safety and wellness, all without the need for extensive travel," said Nicole Berosek, Organizational Wellness Coordinator with Panhandle Public Health District.

Berosek added, "we're also looking forward to honoring area organizations receiving the Governor's Wellness Award and a surprise recipient of the Leading Light Award. Bring your wellness and safety committee, HR, leadership, and others from your worksite!"

Other engaging sessions will cover important and timely topics such as Conflict Catalyst: Transforming Tension into Team Triumph, OSHA Update: Latest Regulations & Safety Strategies, HR Revolution: Navigating the Latest Trends and Challenges, and Exploring the Frontiers of Artificial Intelligence (AI).

Space is limited, so get registered today at <http://www.pphd.ne.gov/pwwc.html> or <https://tinyurl.com/25dtx85n>! Registration to attend the full day is \$75.

For additional information about worksite wellness, visit <http://www.pphd.ne.gov/pwwc.html> or call Berosek at 308-279-3496. 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.