

# Health Promotion Majors Attend WELCOA Conference

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Health Promotion and Wellness Majors attended the 19<sup>th</sup> Annual Worksite Wellness Conference in Madison on September 15, 2009.

“This is an excellent opportunity for the students to network and gain even more experience in their field of study,” stated Lori Macrander, Health Promotion and Human Development Advisor.

The students who attended the conference went to several different sessions focusing on the theme of the conference, *Best Practices—Good Health is Good Business*. These sessions are not only relevant to the Health Promotion major, but the students also see how the information that they learn in their courses relates to experiences in future work settings.



The keynote speaker Nicholas “Dr. Nick” Yphantides, MD, MPH, Consulting Chief Medical Officer, San Diego County Health Human Services Agency (picture above) was the keynote speaker. He lost 270 pounds naturally and has maintained a healthy weight since. He inspired the audience; telling everyone that they are the change and the future.

Jessica Tayloe (pictured 3<sup>rd</sup> from right), a senior Health Promotion major, especially enjoyed this conference because she was able to make contact and communicate with health promotion related companies, organizations, and vendors about what they did for their work. As a student, Jessica noted that “it was helpful to see the variety of things that one can possibly get into after graduation.”

By interacting with possible future employers, the students who attended were able to gain valuable advice and ideas for future internships. They now have a better understanding of what their future jobs will entail and the inspiration to move forward with their careers and make a difference in the world.