About the Presenters

**Keynote Speaker**
**Cathy Weber-Zunker**
Certified Clinical Hypnotist
Alexandria, MN

**Natalie Aughinbaugh**
Doctor of Nursing Practice (DNP)
Sanford Health
West Fargo, ND

**Lori Dean Hill**
Inspirational Journey, LLC
Fargo, ND

**Kevin Luther**
Sr. Account Business Consultant
Blue Cross Blue Shield of Minnesota
Eagan, MN

**Jenny Trucke**
Revolution Fitness
Fargo, ND

**Ann Dolence**
Wellness Facilitator
Lakes Country Service Cooperative
Fergus Falls, MN

Presenting...

**The 2016 Annual “Wellness A Way of Life” Conference**

Wednesday, October 12, 2016

Lakes Country Service Cooperative
Conference Center
1001 East Mount Faith Ave.
Fergus Falls, MN
About the Conference
Lakes Country Service Cooperative (LCSC) invites you to the 2016 Annual “Wellness A Way of Life” Conference.

The conference keynote speaker is Cathy Weber-Zunker, Clinical Hypnotist. Cathy has assisted many people in the region to improve their level of well-being and overcome health challenges by using hypnosis.

Natalie Aughinbaugh will provide health promotion and disease guidelines as they relate to each decade of life.

Lori Dean Hill will offer practical workplace Pilates ideas to build stronger core and back muscles.

Kevin Luther will present on wellness resources and demonstrate how to make smoothies on an exercise bike!

Information will be shared regarding the LCSC Wellness Institute’s Fitbit activity-based wellness program offered to the health insurance pool members.

Jenny Trucke will energize and inspire you by making fitness fun.

Ann Dolence will close the day with habits of stress resilient people.

The conference is an opportunity you don’t want to miss!

The conference is free to all LCSC health insurance pool participants. There will be a $25.00 per person fee for LCSC members that do not participate in the health insurance pool.

Agenda
October 12, 2016
8:30 a.m. to 3:00 p.m.

8:30-8:45   Registration
8:45-9:00   Welcome - Jeremy Kovash
            Executive Director, LCSC
9:00-10:00 “Clinical Hypnosis and Wellness”
            Cathy Weber-Zunker
10:00-10:15 Break
10:15-11:00 “Health Promotion and Disease Prevention Guidelines”
            Natalie Aughinbaugh
11:00-11:30 “Pilates for the Workplace”
            Lori Dean Hill
11:30-12:00 “Blue Cross Blue Shield of MN Wellness Resources”
            Kevin Luther
12:00-12:30 Lunch (Provided)
12:30-12:45 Walk Break
12:45-1:15 “LCSC Wellness Institute Fit Bit Program”
            LCSC Staff
1:15-2:00   “If It’s Not Fun It Doesn’t Fit”
            Jenny Trucke
2:00-2:15   Break
2:15-3:00   “Habits of Stress Resilient People”
            Ann Dolence
3:00 Closing

Registration Form
or
Register Online at www.lcsc.org
Deadline: October 7, 2016

Name(s): ________________________________
________________________________________
________________________________________
Agency: _________________________________
Address: _________________________________
City: __________________ State: _______ Zip: __________
Phone: __________________________ Email: ___________________________

LCSC Health Insurance Pool Participants-No Charge
Non-Pool Participants $25.00
Please include payment with registration
Check #__________

Register online at www.lcsc.org

Or
Return registration to:
Lori Overton
Lakes Country Service Cooperative
1001 East Mount Faith Ave.
Fergus Falls, MN  56537
Phone: 800-739-3273
Fax: 218-739-2459