



call for presentations

The Midwest Health Promotion Conference Committee is accepting presentation proposals for our 25th year of the **Midwest Health Promotion Conference** on **September 25, 2024** at the St. Paul River Centre, St Paul MN. We are seeking presenters who have knowledge, experience, and ideas in employee health and wellbeing. This year's Conference theme is **25 Years of Memories, Milestones, and Momentum**. Help us celebrate this momentous achievement by submitting to present a breakout session! The Conference Committee will review all proposals, and acceptance is based on this selection criteria:

- *Alignment with the theme of the conference, and the session themes below*
- *Topic application and relevance in a workplace setting*
- *Richness of content and ability to convey to a wide range of attendees*
- *Evidence or experience that it works*
- *Speaker expertise on topic and presentation experience*
- *Attendance at previous Midwest Health Promotion conferences*

If you have any questions, please contact the Conference Coordinator at **(763) 287-0740** or conference@healthsource-solutions.com. Visit our website [HERE](#) to make your submission.

Session Themes

What's Trending?

- What's hot in Total Reward Benefit Offerings: family building, obesity meds, emergency savings
- Navigating anti-obesity medications: how are employers managing?
- Incorporating social determinants of health into your wellness program – inflation/gaps in care
- Whiplash from COVID: closing care gaps and reconnecting with primary care
- How will AI (artificial intelligence) impact the future of wellness

Mental Health & Wellbeing

- Looking through an organization lens beyond apps and EAP

- Moving beyond burnout and stress: understanding the deeper picture
- Social fallout of COVID: loneliness epidemic, intentional ways to reconnect in a hybrid world.
- Leadership burnout: Taking care of yourself, while caring for employees

Building Program Infrastructure

- Building sustainable programs with depth and breadth
- Moving employee wellbeing from a program to a corporate value
- Incorporating functional movement and safety
- Reaching a multi-generational workforce

- Creating a powerful communication strategy to reach all demographics.
- Free and low-cost resources
- Compliance and legal issues within the wellness industry
- Wellbeing scorecards and awards
- Lifting up spirituality, power, and purpose in a wellness program
- Changing habits through social connectivity

Technology, Trends, Business Insight

- Measuring impact through a business lens
- AI and the future of wellness
- Latest trends in worksite wellness research

- Navigating the pitfalls of technology

Case Studies: share learnings, pitfalls, and successes

- Sharing your organizations wellness journey – including key learnings, metrics and sustainability
- Reaching the hard to reach, and those often left behind.
- Starting employee support groups (i.e. cancer, caregivers weight.)
- Building interdepartmental collaboration and sharing the success (safety, risk management, benefits, onsite clinics, HR, ERGs)

General Information

- Breakout sessions are **55 minutes long**, with select sessions being repeated.
- Speakers are expected to be in attendance the **entire day** to network with attendees.
- Proposals are due **April 15, 2024**.
- Sessions must be educational in nature with no undertone to sell products or services.
- All presentation proposal selections will be announced by **May 17, 2024**. Ten to fifteen speakers will be chosen.
- Submit final PowerPoint presentation other materials by **September 9, 2024**.
- There is no compensation for breakout session presenters. Selected presenters will receive complimentary conference registration, lunch and free parking.