

**FABOH**  
Fond du Lac Area Businesses on Health  
140 N. Main St  
Fond du Lac, WI. 54935

**JANUARY 17, 2019**

**2019 Wellness Conference**



Fond du Lac Area Businesses on Health



**14th Annual  
Wellness Conference**

**January 17, 2019**

Holiday Inn Conference Center  
625 W. Rolling Meadows Drive  
Fond du Lac, WI 54937

# 2019 FABOH Wellness Conference

## Featured Speaker: Steve Utech

A former researcher and family therapist, Steve has nearly a decade of experience working in the field of Organizational Development. Steve has a range of experience working across industries and organization size, whether it be a smaller family business or a larger multi-national corporation in the Fortune 1000. Steve is a sought-after facilitator, known for his quick-read approach and constant drive to improve individual awareness, accountability and team performance. When you work with Steve, expect to learn, expect to be challenged and expect to grow.

## Featured Speaker: Lisa Kogan-Praska

Lisa Kogan-Praska is senior business development executive with over 20 years' experience in delivering and sustaining revenue and profit gains within highly competitive markets. Prior to joining illumyx, Lisa was the CEO of Catalpa Health, a regional, not-for-profit mental health delivery system in Northeast Wisconsin that dramatically improved access to care for youth and families. Her experience leading rapid growth organizations has given her a solid foundation in culture optimization, including responding and adapting to change, leadership development and team collaboration and innovation.

## Featured Speaker: Jeff Stieg

As Senior Health and Wellness Specialist for Goodwill of North Central Wisconsin, Jeff Stieg strives to make the workplace a catalyst for positive personal growth and self-realization all while providing wellness related solutions for business challenges. Jeff's journey into the workplace wellness arena began long ago when he realized his personal mission of inspiring others on their path of health and wellbeing. With a bachelor's degree in Kinesiology and a slew of certifications in the Wellness and HR field, Jeff worked in several settings before falling in love with the mission and culture of Goodwill.

## Featured Speaker: Marissa Kalkman MS, MCHES

Marissa is the Executive Director at the Wellness Council of Wisconsin (WCWI), and leads with the mindset that wellbeing in the workplace is good business and the right thing to do, with resounding positive effects on the employee experience, engagement, retention, recruitment, productivity, and overall health. Marissa is determined to support WCWI members with her results-focused drive to bring exceptional service, expert consultation and unparalleled connection to the Wisconsin employers in our network.

## Agenda

- 7:30 am **Registration and Breakfast**
- 8:00 am **Welcome and Introduction**  
Larry Richardson, Executive Director
- 8:10 am **FABOH Wellness Update**  
Jeff Butz, Wellness Director
- 8:30 am **Break / Networking**
- 8:45 am **Maybe It's Not Just the Donuts...Understanding the Impact of Culture On Employee Health**  
Steve Utech and Lisa Kogan-Praska
- 9:45 am **Break / Networking**
- 10:00 am **Transforming Challenges Into Innovation: Goodwill NCW's Journey to Achieving a Best in Class Wellness Program**  
Jeff Stieg
- 10:30 am **Break / Networking**
- 10:45am **The Pursuit of Wellness : Transforming the Process**  
Marissa Kalkman
- 11:30 am **Final Remarks and Conference Wrap Up**  
Larry Richardson

## How To Register

**FREE To  
FABOH  
Members**

\$25 registration fee for Non-FABOH members

Checks Payable to:

FABOH ~ 140 N. Main Street

Fond du Lac, WI 54935

\*Cash or Check Only— Sorry, No Credit Cards

Registration deadline: **Friday, January 11, 2019**

Participants must pre-register

Please e-mail: [jbutz@faboh.com](mailto:jbutz@faboh.com) or call: 920.924.3780

**January 17, 2019 Holiday Inn Conference Center, Fond du Lac, Wisconsin**