



NEWS RELEASE
FOR IMMEDIATE RELEASE
June 7, 2018

Contact: Karrey Britt
Communications Coordinator
Office: (785) 856-7362

WorkWell Lawrence Symposium scheduled for June 15

(Lawrence, KS) – The eighth annual WorkWell Lawrence Symposium will be 8:30 a.m.-noon Friday, June 15, at the Lied Center of Kansas Pavilion, 1600 Stewart Drive, Lawrence.

Elizabeth Ablah, an associate professor in the Department of Preventive Medicine and Public Health at the University of Kansas School of Medicine - Wichita, will be the keynote speaker. She will lead an interactive discussion about the “Fruits and Nuts of Workplace Wellness Efforts in Kansas.”

Ablah is involved in the WorkWell Kansas program, an initiative that aims to educate employers about creating a healthy workplace culture. She has developed the curriculum for the program.

Ablah has a master’s degree in public health from the KU Medical School in Wichita. She has a second master’s degree and a doctorate in community psychology from Wichita State University. Her research interests include community-based participatory research, physical activity and healthy foods, the built environment and worksite wellness. In particular, Ablah focuses on how policies, systems and environments can foster cultures of health.

“Dr. Ablah is an excellent speaker, who will bring us up-to-date on current trends in workplace wellness and ways to move forward with workplace wellness programming,” said Aynsley Anderson Sosinski, wellness specialist at Lawrence Memorial Hospital and WorkWell Lawrence chair. “Whether you’re just getting started or you’re needing an effort boost, she will provide you with the motivating information that you need.”

WorkWell Lawrence advocates for changes in policies, systems and environments focusing on living tobacco-free, physical activity and healthy eating in workplaces. WorkWell Lawrence is a work group of LiveWell Lawrence, which has about 25 members who represent 1,500 employees. It is coordinated by K-State Research and Extension-Douglas County.

Cost is \$50. For more information or to register, visit workwelllawrence.org. Registrations also will be accepted at the door, beginning at 8 a.m.