



**Master of Public Health  
Program**



**New Hampshire  
Public Health Association**

# **PUBLIC HEALTH**



## **Grand Rounds Series 2007-2008**

### **Worksite Wellness: Creating an Organizational Culture to Foster Employee Health and Well-being**

**Tuesday October 23, 4:00-5:00 PM**

UNH Manchester Room 6, 286 Commercial Street, Manchester, NH

*Jaime Hoebeke, MPH Cand., CHES  
Senior Public Health Specialist,  
Manchester Health Department*

*Meagan Terrier, MS  
Working Well Program Coordinator,  
Elliot Health System*

#### ***Lecture Objectives:***

1. Define the history and key principles of organizational health promotion
2. Understand the importance of chronic disease prevention in the workplace
3. Identify key strategies to implement a worksite wellness program
4. Identify an effective structure for a comprehensive wellness program

**RSVP for this FREE Lecture:** Complete the form at  
[http://www.chhs.unh.edu/hmp/0708grandround\\_regform.html](http://www.chhs.unh.edu/hmp/0708grandround_regform.html) or call  
862-1128.

## **Biography on Jaime Hoebeke**

Jaime Hoebeke is a Certified Health Education Specialist employed by the City of Manchester Department of Health in the Division of Chronic Disease Prevention and Neighborhood Health. In her current role as a Senior Public Health Specialist, Ms. Hoebeke manages various chronic disease prevention programs in cardiovascular health, cancer, and asthma. In addition to her work in chronic disease prevention, Ms. Hoebeke coordinates the New Hampshire Institute for Local Public Health Practice, which is a workforce development initiative to improve public health competencies in New Hampshire. Additionally, she has professional experience in hospital-based, community benefits programming. Ms. Hoebeke is currently attending Graduate School for a Master of Public Health degree at Boston University School of Public Health.

## **Biography on Meagan Terrier**

Meagan Terrier has been providing worksite wellness programs to companies around New Hampshire with the Elliot Health System since November 2001. Her current role as Program Coordinator involves developing, overseeing, and providing health screenings and education. Ms. Terrier received her BS in Biology, Chemistry, and Exercise Science with a focus in cardiac rehabilitation from Notre Dame College in Manchester, NH, and her MS in Management for Healthcare Administration from New England College, Elliot Hospital Cohort, Manchester, NH. Ms. Terrier is a certified American Heart Association BLS for Healthcare Providers and Heartsaver CPR and First Aid Instructor, an American Lung Association Freedom From Smoking<sup>®</sup> Facilitator, Instructor for Safe Sitter<sup>®</sup>, a Reiki First Degree, and a member of the Manchester Young Professionals Network.