

INDIANA'S TOP WELLNESS EVENT

Tackles Timely Topics for Every Workplace

By Anthony Schoettle

For Hoosier employers with their employees' physical and mental well-being top of mind, there's an important event around the corner.

The 2025 Indiana Wellness Summit, held September 11 at the Embassy Suites by Hilton in Noblesville, will tackle a number of topics critical to maintaining and improving the health and well-being of Indiana's workforce. The event is put on by the Wellness Council of Indiana (WCI), a subsidiary of the Indiana Chamber. Parkview Health is the Summit sponsor, with Bown Health and Eli Lilly & Company as diamond+ sponsors.

This Summit brings together Hoosier health and wellness professionals to connect and collaborate on how to enhance Hoosier workplaces and communities. No matter an organization's size, industry or level of existing wellness programming, attendees can benefit from the sessions, says Jennifer Pferrer, vice president of impact and development for WCI.

"The companies that are really looking to take care of their employees are looking for new strategies, new ideas, and this event allows like-minded individuals to convene in a way where they can learn from each other as well as from the scheduled activities that we have," Pferrer offers.

"We have a comprehensive agenda, but it really is about them learning from each other as much as it is from the Summit's presenters. The event features a wide variety of topics and offers a great deal of wellness programming."

Specifically, attendees will have the opportunity to hear best practices, connect to Indiana wellness resources and access data to make their organizations well.

Highlights include the following:

- WCI member reception
- AchieveWELL Awards Luncheon
- Educational sessions featuring a variety of wellness topics
- Networking with fellow wellness colleagues
- Nationally known speakers and experts

At the awards luncheon, AchieveWELL-designated companies, Indiana Healthy Communities, Bell Seal recipients and Hoosier Well-Being Champions will be honored. The luncheon keynote will include a panel from three AchieveWELL-designated companies to bring insights on how to improve employee

health and well-being in your own organization.

The one-day event is designed for employers that have a commitment to boosting employee health and well-being, especially those in charge of human resources and employee benefit and wellness programs.

Though in existence for many years, demand for the Summit has continued as issues regarding health and wellness have evolved and changed. Emphasizing a healthy workforce has become paramount for employers who realize doing

unique benefits to support your lifestyle and needs, where on the opposite spectrum you might have a generation that needs more support around retirement planning and caregiving.

"This Summit really gives (wellness and HR directors) the opportunity to think of different strategies for every lifestyle and every generation employers have in the workforce," she adds. "And I think that's what brings attendees back. Physical fitness and nutrition



so increases on-the-job productivity, decreases absenteeism and lowers businesses' overall healthcare costs.

"This is always a great event with strong attendance," Pferrer stresses. "We have people that have been coming every year for the last 12 to 15 years. So it's one of those events that they mark on their calendar and attend every year."

With today's workforce now spanning multiple generations, wellness directors and human resources managers have more to contend with than ever. The Summit covers a host of issues and topics.

"The wellness conversation continues to evolve and with that evolution, it's not just about physical activity and nutrition anymore," Pferrer explains. "It really runs the gamut. When we have five generations in the workforce, their unique wellness needs are very different.

"So, we'll talk about those dimensions of wellness. It could be you are young and vibrant, but what you're looking for is more pet insurance or maybe you're looking for

were what we were talking about 10 years ago. In addition to that, what we're talking about now is maternal health, obesity, mental health, caregiving support, etc."

Event organizers say one of the secrets to the program's success is that it is an in-person-only event.

"We know the secret sauce when it comes to all of these conversations is they happen not just in the conference rooms or during educational sessions and panel discussions, but in the hallway among attendees as well. They happen on the way to the next breakout session. They don't happen when you're looking (remotely) at a screen and not engaging with the other attendees," Pferrer remarks.

"So, the importance of being in person is you don't know what you don't know until you're in a conversation and you're prompted to want to know more about a topic or issue. I'm excited to have the Summit be a conduit for some of those conversations."

Access the full agenda and register to attend at indianawellnesssummit.com.

RESOURCE: Jennifer Pferrer, Wellness Council of Indiana, at www.wellnessindiana.org