



**THE WELLBEING SYMPOSIUM 2014**  
PIONEERING EVENT FOR HEALTH & WELLBEING



**Date**  
19th November 2014



**Venue**  
Kent Event Centre, Maidstone



**Website**  
www.thewellbeingsymposium.com

# The UK's Pioneering Health and Wellbeing Event...

The Wellbeing Symposium 2014 brings together experts and thought-leaders in the field of prevention, health and wellbeing in the workplace - this year we will be particularly focusing on mental health and emotional wellbeing within the workplace. The Symposium is an ideal event to provide the building blocks for a cost-effective strategy or to improve on an already existing strategy within smaller organisations.

It is the only event of its kind in the South East, covering a range of topics such as staff happiness, workplace wellbeing, mental health, childhood obesity and nutritional education.

For more information or to book call **01622 684407** or email [sarah@thewellbeingsymposium.com](mailto:sarah@thewellbeingsymposium.com)

The 2014 Wellbeing Symposium is sponsored by



## Wellbeing alert!



64% of men and 48% of women had a higher than recommended BMI



**SPECIAL OFFER!**

**1x Ticket for**



**£99**

(usually £149)

Call 01622 684407 to book a ticket



11:10 - 11:30  
**Exciting Key note speaker**

Steve Brown, London 2012 Paralympic GB Wheelchair Rugby Captain has been named as one of this years Key Note speakers.



## Healthy mind!



One in four adults experience mental illness at one time during their lifetime

**CPD CERTIFIED**  
The CPD Certification Service  
**2x CPD POINT EVENT**

## Food fact!



An apple a day, keeps the doctor away'. These modest 'superfoods' are packed full of Vitamin C

Supported by



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Expert Speakers • Exhibition Zone • Networking • Wellbeing Zones • Free Lunch & Refreshments



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## Agenda

8.15	<b>Event open</b>
8.15 - 9.15	<b>Networking and healthy breakfast</b>
9.15 - 9.30	<b>Welcome</b> Ben McGannan, Managing Director of Wellbeing People TBC, Managing Director of The Health Insurance Group Paul Carter, Leader of Kent County Council
9.30 - 9.45	<b>Lord Freud</b> Parliamentary Under Secretary of State for Work and Pensions
9.45 - 10.00	<b>Q &amp; A</b>
10.00 - 10.20	<b>Sophia Cannon</b> Social Justice Commentator and Family Barrister
10.20 - 10.40	<b>Eleanor Mills</b> Editorial Director, The Sunday Times
10.40 - 10.50	<b>Q &amp; A</b>
10.50 - 11.10	<b>Break</b>
11.10 - 11.30	<b>Steve Brown</b> Captain, Great Britain National Wheelchair Rugby Team
11.30 - 11.40	<b>Q &amp; A</b>
11.40 - 12.10	<b>Pete Moody</b> Leading UK Voice Coach
12.10 - 12.30	<b>Simon Thorpe</b> Co-founder, Expressions Partnership
12.30 - 13.30	<b>Lunch</b>
13.30 - 15.30	<b>Workshops</b>

## Workshops

### WORKSHOP ONE

13.30 – 14.30pm

The Health Insurance Group

14.30 – 15.30pm

Wates

### WORKSHOP TWO

13.30 – 14.30pm

Dementia Friendly Community

14.30 – 15.30pm

Optum

### WORKSHOP THREE

13.30 – 14.30pm

Kent County Council

14.30 – 15.30pm

Mental Health Foundation

### WORKSHOP FOUR

13.30 – 14.30pm

John Savage

Pets: Prevention is Better Than a Cure

14.30 – 15.30pm

Dr Les Smith

Sleep

## Think Tank Area

**Clara Gibson**

Make the difference

**Sarah Perry**

Corporate Fit

**Sarah Varney**

The Wh<sub>2</sub>ch Doctor

## Interactive Zone

**Smoothie Bike Challenge**

**Interactive Health Kiosks**

**Health Advice**

**Cooking Demonstrations**

**Nutrition tips**

**iPledge Booth**

## Exhibition Zone - Sponsored by KCC

- Golding Vision
- The Health Insurance Group
- Kent County Council
- Who Cares Wins
- The Wh<sub>2</sub>ch Doctor
- Unum
- Air Clean
- Wellbeing People
- RBLI
- Little Stirrers
- Bedfont
- Optum
- Make the Difference
- KBOSH
- Construct a Better Health
- Expressions
- The Wellbeing Symposium 2015
- Beneden Health



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