



Bret Bringham
Michelle L. Griffith

“Creating a Culture of Wellness”

Tuesday January 10th, 2012
8:30am-10:00am
Doubletree-Downtown
616 W. Seventh Street
Tulsa, Oklahoma 74127

A special thanks to our friends at Cox Communications for today's refreshments.

Please fax RSVP to: Tulsa Area Employer Council 918.796.1313 or email to ronald.julian@oesc.state.ok.us or kennetha.ray@oesc.state.ok.us

Name: _____

Company: _____

Telephone: _____ Fax: _____

Email Address: _____

Guests are welcome and no charge is involved.

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Our January 10, 2012 meeting will feature Bret Bringham, Wellness Coordinator-Melton Truck Lines, and Michelle L. Griffith, Compensation and Benefits Administrator-Explorer Pipeline, who will present:

“Creating a Culture of Wellness”

We will discuss the top ten tips for starting a corporate wellness program. Help with understanding the basics of developing a company wellness program that supports the culture of both the employees and employers. Topics will include senior level support, needs assessment, budgeting, programming on physical activity, nutrition, weight management, stress management and preventive health, and evaluation/cost savings.

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Biographies



Michelle L. Griffith, M.S. holds the position of Compensation and Benefits Administrator for Explorer Pipeline in Tulsa, Oklahoma. She is currently responsible for the administration of the benefit and wellness programs for the 200 employees at the Tulsa office and field locations across the Midwest. Michelle holds a Master of Science degree in Health Promotion from the University of Oklahoma and a Bachelor of Science in Kinesiology from the University of Arkansas. She is Health/Fitness Specialist Certified by the American College of Sports Medicine, a member of the Tulsa area Corporate Wellness Forum, and President of the Tulsa Employee Benefits Group (TEBG) Board.



Bret Bringham has held the position of Wellness Coordinator at Melton Truck Lines for the past five years. He is responsible for implementing and coordinating Melton's wellness program known as iCare. The iCare program recently was awarded the 2011 Corporation Champion of Health in the large business category for its efforts to improve the health of Oklahomans. Bret holds a Bachelors of Science degree in Health and Community Wellness from Oklahoma State University. He was previously employed with St. John Health System as a Health Club manager and has also worked as a self employed personal trainer for 5 years maintaining a clientele of 35-40 individuals.