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# NOVEMBER 2015 SYMPOSIUM

## Health, Performance and the Bottom Line



Thursday, November 19, 2015  
8:00am – Noon  
Deer Ridge Golf Club  
200 Deer Ridge Drive  
Kitchener, ON N2P 2K5



## Improving Health and Business Outcomes

Crosslinks is pleased to be hosting our 9<sup>th</sup> Kitchener-Waterloo Pathways Symposium. Hear from experts and peers as they present important information and discuss novel approaches that can contribute to the success of your business. The agenda below summarizes the topics that will be covered.

### AGENDA Thursday, November 19, 2015

- 8:00 **Continental Breakfast and Registration**
- 8:30 **Welcome and Introduction**  
Roy Pullman, President, Crosslinks Health Consulting
- 8:40 **Cardiovascular Disease – Managing the Impact on Workplaces**  
A. Shekhar Pandey, MD, Cardiologist, Cambridge Cardiac Care, Assistant Clinical Professor, McMaster University
- 9:20 **Psoriatic Arthritis – A Look below the Surface**  
Arthur Lau, MD, Assistant Professor, Division of Rheumatology, McMaster University
- 10:00 **Health & Networking Break**
- 10:20 **Workplace Wellness – A Roadmap for Engaging Employees**  
Meaghan Jansen, Founder, Certified Corporate Wellness Specialist Employee Wellness Solutions Network
- 11:00 **Employer Perspectives and Interactive Discussion**  
Tim Masson, Chief Steward & CEO, Ian Martin Group  
David Murphy, President, Canada, Stryker
- 12:00 **Wrap-Up & Close**

#### Registration Information

Individual: \$175  
Team: \$125 each  
or online at [www.businesshealth.ca](http://www.businesshealth.ca)  
Please RSVP to [lorraine.johnson@crosslinks.ca](mailto:lorraine.johnson@crosslinks.ca) by November 16, 2015

## Kitchener-Waterloo Pathways Symposium Featured Speakers



**A. Shekhar Pandey, MD, FRCPC, ABIM, CBNC**  
Cardiologist, P.R.E.V.N.T. Clinic, Cambridge Cardiac Care,  
Assistant Clinical Professor, McMaster University

Improvements in cardiovascular disease management have significantly reduced the number of heart attacks and related complications due to cholesterol lowering medications.

However, some high risk patients cannot control their cholesterol levels using current therapies, and cardiovascular disease remains the leading cause of death worldwide. Increasing economic burden imposed by this disease includes growing hospitalization costs and loss of productivity and potential lifelong disability.



**Arthur Lau, MD, FRCPC,**  
Assistant Professor,  
Division of Rheumatology, McMaster University

Psoriasis and psoriatic arthritis impacts the mental and physical health of individuals and increases the burden on our health care system, to say nothing of its significant, but often hidden, drag on workplace productivity. Hear from a leading clinician about new treatments options and the role employers can play in mitigating the costs associated with this disease.



**Meaghan Jansen, MSc, BSc, BA, CCWS,**  
Founder,  
Employee Wellness Solutions Network

Getting employees motivated and engaged in workplace wellness programs means meeting them where they are and providing the tools, resources and support to help them achieve their goals. Healthy employees translate to a healthy bottom line.

### Employer Perspectives and Interactive Discussion



**Tim Masson,**  
Chief Steward  
& CEO,  
Ian Martin Group



**David Murphy,**  
President, Canada  
Stryker

Our employer panel will share insights on the key components of creating “great places to work” and the direct relationship this has on building successful and profitable businesses. This will be followed by an interactive discussion.