

FOR IMMEDIATE RELEASE

Contact: Amy Gallagher
800-678-1700 ext. 122

Cornerstone Group to Host Wellness At Work 2008

Dr. Steven Aldana, Other Industry Experts Help Employers Take Worksite Wellness to the Next Level

West Warwick, Rhode Island, August 12, 2008 – Cornerstone Group, one of New England’s leading benefits advisory firms, announced today that it will host “Wellness at Work 2008” on Thursday, October 16, 2008, at the Crowne Plaza Hotel in Warwick, Rhode Island.

The theme of this year’s event is “Lasting Impact.” Industry experts will share proven ideas for sustaining worksite wellness programs to generate measurable results now and over the long-term.

Wellness at Work 2008 will feature keynote speaker Dr. Steven Aldana, author of the bestselling book “The Culprit and the Cure,” as well as sessions on the following topics:

- Making the case for wellness in a slowing economy
- How to adapt your program to maintain its power and participation
- Turn-key wellness programs available locally
- An employer panel discussion featuring FM Global, The Preservation Society of Newport County and GTECH

“There’s a lot of focus on wellness today as employers see tangible evidence that their programs really improve employee health and slow healthcare costs,” said Amy Gallagher, senior consultant at Cornerstone Group. “As an organization’s wellness program evolves, the employer needs to embrace creative ideas for building and sustaining participation over the long-term to realize a return on investment. This year’s Wellness at Work will illustrate successful examples of companies who have made the commitment to wellness and will reap the rewards now and in the future.”

Wellness at Work will be held from 8 a.m. to 2 p.m. Tickets are \$50 and include breakfast, lunch, all speaker sessions, access to exhibitor space and a copy of “The Culprit and the Cure,” a \$24.99 value.

For more information, employers can visit www.teamcornerstone.com/waw08, or call Carolyn Teare at 800-678-1700, x 115.

###