



Good Morning Vista

Networking, breakfast, and important insights!

Healthy At Work: Increase productivity, engagement

The Vista Chamber of Commerce is proud to present “**Healthy at Work**,” an informative presentation designed for business owners. Presented by the Vista Community Clinic, The City of Vista, ICANATWORK and the Network for Healthy California, this event will be packed with information and resources you can use.

Prevention is key to minimizing costs, maximizing productivity and increasing employee engagement. Workplace Wellness actions can have had a documented Return on Investment of 5 to 1.

Walk away from this presentation with:

- Sample policies
- Changes you can implement today
- Information about value based benefits
- Update on local events
- How to start a Workplace Wellness Committee
- How to apply for free workplace wellness consulting
- Examples of how businesses small and large are being “**Healthy at Work**”



RESERVATION FORM: “Good Morning Vista” Networking Event

April 28, 2010

7:30-9:00am

Shadowridge Country Club

Name(s) _____ Business _____

Phone _____ E-mail _____

Check all that apply:

_____ Member reservations at \$25 by April 20th = \$ _____

_____ Non-member reservations at \$35 by April 20th = \$ _____

_____ All reservations after April 20th add \$5 = \$ _____

_____ Tabletop Exhibit at \$50

_____ 3-minute Business Spotlight (includes admission to full event) at \$50

_____ Good Morning Vista Major Sponsor at \$250 (includes admission for two, Tabletop Exhibit, 3-minute Business Spotlight, logo & links). Only one per event.

\$ _____ Total

_____ Name on Credit Card _____ Billing ZIP Code _____ Total enclosed \$ _____

_____ Signature _____ Credit card # _____ Exp. _____ Code _____

MAIL: Check to Vista Chamber, 201 Washington, Vista CA 92084 • FAX: Credit card to (760) 726-8654

QUESTIONS: (760) 726-1122