EMPLOYEE WELLNESS SUMMIT

WATER WHERE YOU WORK



DECEMBER 3rd, 2026 | 9 AM - 5 PM

MAHEC, 121 Hendersonville Road, Asheville, NC 28803

FREE EVENT!

CHECK-IN STARTS @ 8 AM
BREAKFAST & LUNCH PROVIDED
VIRTUAL OPTION AVAILABLE

Join us for a full-day summit focused on employee well-being and related topics. Learn from experts, connect with peers, engage in hands-on activities, and leave ready to help your workforce replenish, recharge, and keep the momentum flowing!

SESSIONS INCLUDE:

- ORGANIZATIONAL WELL-BEING INITIATIVES & OFFERINGS
- ROI & VOI TOOLS
- SUSTAINABLE WELLNESS
- BUILDING RESILIENCE
- WORK-FAMILY CONFLICT
- RETHINKING TALKING ABOUT WELLNESS

REGISTER NOW

A special thank you to our sponsors:

MOUNTAIN AREA workforce development board
A DEPARTMENT OF LAND OF SKY REGIONAL COUNCIL
NC works
MAHEC
EAN Employee Assistance Network

Contact Hailey Carroll with any questions: hailey@landofsky.org

"MOUNTAIN AREA WORKFORCE DEVELOPMENT BOARD IS AN EQUAL OPPORTUNITY EMPLOYER/PROVIDER OF EMPLOYMENT TRAINING SERVICES AND IS FUNDED THROUGH WORKFORCE INNOVATION OPPORTUNITY ACT WIOA) BY AN AWARD FROM US DEPARTMENT OF LABOR, EMPLOYMENT AND TRAINING ADMINISTRATION IN AMOUNT OF ADULT 1,346,221, DISLOCATED WORKER 955,591, AND YOUTH 1,408,649 TOTALING 3,710,461. 0% OF THE FUNDING IS TITLE I WIOA. 100% OF FUNDS USED FOR THIS EVENT ARE FROM NON-GOVERNMENTAL SOURCES."