



National OHN Section Conference

Date: Wednesday May 10, 2017

Venue: The Maryborough House Hotel, Douglas, Cork

'Occupational Health: Wellbeing Strategies that Work'

MORNING SESSION:

Chairperson: Anne Marie Graham, INMO Conference Committee

08.30 Registration, coffee and trade exhibition

09.00 **Welcome address** – Martina Harkin-Kelly, INMO President

09.30 **Workplace Health and Wellbeing**

Sibéal Carolan, Workforce Development Lead

Dr Lynda Sisson, Clinical Lead, Workplace Health and Wellbeing HSE

10.15 **Returning to Work after a Mental Health Illness**

Dr Deirdre Gleeson, Medical Director, Medwise

11.00 Trade Exhibition and Refreshments

11.30 **A Prescription for Happiness**

Dr Mark Rowe, GP and author

12.15 **Storynomics – The Communication Hack**

Alan Shortt, CEO Media Skills Ireland

13.00 Lunch and trade exhibition

AFTERNOON SESSION:

Chairperson: Mary Forde, INMO Conference Committee

14.15 **Sugar Danger**

Catherine Kenneally, Nutritional Therapist, NutritionWorks

15.00 **Wellbeing**

Prof Jim Lucey, Medical Director of St Patrick's Mental Health Service

16.00 Final remarks

Fee:

€100.00

INMO members;

€150.00

non-members

PROGRAMME