



BARRY GLASSMAN

HARFORD COUNTY EXECUTIVE

FOR IMMEDIATE RELEASE

September 18, 2019

For more information, contact:

Cindy Mumby

Director of Governmental & Community Relations

410-340-5376

camumby@harfordcountymd.gov

Free Seminar for Small Businesses on Employee Health & Wellness October 16 in Harford County

BEL AIR, Md., (Sept. 18, 2019) - Keeping employees healthy is essential to every business. To help small businesses learn the legal requirements and explore resources for employee wellness, the Harford County Office of Community & Economic Development will host a free seminar from 6 – 8 p.m. on Wednesday, October 16 at The GroundFloor, 2021-G Pulaski Highway in Havre de Grace.

A panel of industry experts will discuss changes to healthcare and health insurance laws; health insurance options and incentives; workers' compensation and other rights; mental health and addiction resources, and how to help employees remain active in a sedentary workplace.


The seminar will begin with introductions, followed by a question and answer session with the following panel members:

- Michele Eberle, executive director of the Maryland Health Benefit Exchange;
- Lana Zinnie, a health navigator from the nonprofit Seedco;
- Kevin Murray, a board-certified orthopedic specialist and certified health coach;
- Tara Lathrop, administrator of Harford County's Office of Drug Control Policy;
- Nancy Merritt, a self-employed health insurance agent.

There is no charge to attend this seminar; however, online registration is encouraged at bit.ly/HCHHealthWellness

The Harford County Office of Community & Economic Development's hosting of this event is not an endorsement of any options, products, or services of the presenters. Anyone interested in being a presenter at a future seminar may contact Bonnie Barresi at 410-638-3059 or bebarresi@harfordcountymd.gov.

 Like us on Facebook <https://www.facebook.com/HarfordCountyMD> | 

 Follow us on Twitter [@HarfordCountyMD](https://twitter.com/HarfordCountyMD)

###