

# 2023 Indiana County Area SHRM Biennial Conference



October 12, 2023

8:00 a.m. - 4:00 p.m.

Chestnut Ridge Resort & Conference Center

132 Pine Ridge Road

Blairsville, PA 15717



Presented by



McNees Wallace & Nurick LLC leads the community and legal profession by maintaining creativity and integrity while anticipating problems and understanding clients' needs

7:45 a.m. Doors Open

8:00 a.m. Registration and Breakfast

## Key-Note:

### Fueling Performance: Unlocking Productivity through Nourishing Mind-Body Practices

Presented by: *Dr. Meg Mills, Enlightened Wellness*

In today's fast-paced and demanding work environments, optimizing productivity and energy levels has become a priority for organizations and employees alike. This presentation aims to shed light on the transformative impact of healthy habits in cultivating a thriving workplace culture.

Central to our discussion is cortisol, the notorious stress hormone, and its profound influence on energy levels. By exploring the intricate interplay between cortisol and gut health, we gain valuable insights into how it affects nutrient absorption, leading to detrimental brain fog and exhaustion.

Equipped with this understanding, we will do a practical exploration of stress management techniques. Participants will be empowered with actionable strategies to mitigate stress, enhance resilience, and strike a harmonious balance between work and well-being.

### Employment Case Law Update

Presented by: *McNees Wallace & Nurick LLC*

### Our OSHA Duty: Reporting & Recording Requirements

*(Morning break-out option 1)*

Presented by: *Chris Zanetti, EDMC Safety & Healthy LLC*

### ADA/FMLA Leave Scenarios

Presented by: *McNees Wallace & Nurick LLC*

*(Morning break-out option 2)*

### Cybersecurity Update

Presented by: *Brian Malanowsky*

*(Afternoon break-out option 1)*

### Breaking-Up is Hard To Do: Navigating Separation Issues

Presented by: *McNees Wallace & Nurick LLC*

*(Afternoon break-out option 2)*

## Closing:

### Boss & Hunky: The Adventures of an Out-of-Work Gargoyle

Presented by: *Andrea Mower, The HR Goddess and AO North America*

Andrea Mower is a Human Resources professional (SHRM-CP, PHR) with over 32 years' experience in HR and operations. She has a master's degree in Organization Leadership from Cabrini University and a bachelor's degree in Acting from the University of the Arts. Andrea has entertained audiences from all over the world - Magician's Assistant, Promotional Model, Historical Reenactor, and Actor. She has held various positions in Human Resources including, most recently, CHRAO of a non-profit continuing medical education organization. While she enjoys all areas of Human Resources, she especially enjoys recruitment and learning about a candidate's journey. Her combination of theatre and HR training allows Ms. Mower to read the "subtext" that is often missed on a resume, and believes that people are an Art, not a Science.

3:15 p.m. Closing Remarks

### Professional Headshots Available:

**DDubics Photography LLC**

\$30.00/customer

**Donation Opportunities will be available the day of the event, more information to follow. We will be providing opportunities for local donations and SHRM Foundation donations.**

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## Registration Fees:

Students  
\$25.00

All Registrations must be received by October 3rd

ICASHRM Chapter Members  
\$100.00

All Other Attendees  
\$150.00

For Companies sending five (5) or more attendees will receive 1 free attendance

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## Payment Methods:

Make check payable to Indiana County Area SHRM or pay online via Paypal:

[PayPal.Me/ICASHRM](https://www.paypal.com/ICASHRM)

Mail registration form to:  
[P.O. Box 1252](#)  
[Indiana, PA 15701](#)

Questions can be directed to:

[ICASHRM Website](https://icashrm.shrm.org/)  
<https://icashrm.shrm.org/>

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## PRE-EVENT:

**October 11, 2023**  
**6:00 p.m. – 8:00 p. m.**

**Woody Lodge Winery**  
622 Philadelphia Street  
Indiana, PA 15701

## CONFERENCE:

**October 12, 2023**  
**8:00 a.m. - 4:00 p.m.**

**Chestnut Ridge Conference Center**  
132 Pine Ridge Road  
Blairsville, PA 15717

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Company Name and Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Conference AND Pre-Event Registration  
(Included with Conference Payment)

Conference Only

Pre-Event Only (\$25)

- If available, I'm interested in receiving CLE credits  
 There are five (5) attending from my company  
 I have a food allergy: \_\_\_\_\_

**\*PLEASE RSVP BY TUESDAY, OCTOBER 3RD!\***