

# Temple University Fox School of Business—Corporate Speaker Series

## Healthcare—Workplace Wellness

Why it's important for you, your company, and the entire country

### Moderator

#### **Michael J. Hughes - Alumnus, Temple University Fox School of Business**

Michael Hughes is corporate trainer, workshop facilitator, speaker, presenter and professor equally at home in the classroom, corporate settings and at the podium as a presenter. He spent 20+ years' in retail banking and currently serves as a Business Advisor at Community College of Philadelphia in the Goldman Sachs 10,000 Small Businesses Initiative. He is part of the faculty of Temple University Fox School of Business and Management and also teaches courses in marketing, economics, finance and management at Drexel University and at Peirce College in Philadelphia. This is in addition to his regular appearances at professional networking events where he is a frequently requested speaker, presenter and workshop facilitator.

He earned graduate and undergraduate degrees in Marketing and Business Administration from Temple University. Formerly the President and Treasurer of the Fox School of Business Alumni Association, he remains involved in alumni relations.

### Panelists

#### **Joseph E. Ellis, Sr. - Senior Vice President, CBIZ, Inc.**

With over 20 years of experience in employee benefits consulting, Joe provides his clients with the necessary insight to attract and retain employees and control costs. His practice concentrates in the area of Health & Welfare benefit cost control, with special emphasis on broad-based Cafeteria Benefit Plans and consumer-driven healthcare. His special skills are in strategic planning and decision making with his clients.

In addition to these skills, Joe has developed strategic initiatives that address labor relations and negotiations as well as issues relating to mergers and acquisitions.

In demand as an industry speaker and writer, Joe has addressed a variety of audiences including The Employers Council on Flexible compensation and Unum Life Insurance Company's National Brokers Conference, Partners Financial, the Association of Legal Administrators, Mid-Atlantic Employers Association and various other Human Resources, trade and industry groups.

Joe graduated from LaSalle University with a degree in Psychology and is currently an active and involved member of The Union League of Philadelphia.

## **Panelists (continued)**

### **Alice Dommert, RA, RYT – CEO, deliver me wellness**

CEO of deliver me wellness and a registered yoga teacher with the Yoga Alliance, Alice brings a unique background to the wellness industry. She has studied and practiced a variety of yoga traditions since 1999. Prior to launching deliver me wellness, Alice was an architect and exhibit designer for over 20 years in Philadelphia working on projects across the United States and in Africa while practicing yoga and raising a family. She knows first-hand the impacts of work-place stress and the challenges of work life balance.

Her combination of experiences and practice as an architect and exhibit designer, storyteller and connector, yoga and meditation practitioner all merge together in her work to help companies and individuals build better ways to wellness. She is interested in the ways in which spaces and places, attitudes and beliefs and technology all intermingle in the workplace to help people live and work well.

### **Dr. Stephanie McKnight, M.D., Rittenhouse Internal Medicine**

Stephanie McKnight, M.D. is a board certified physician with 6 years of experience. She joins us from Hatboro Medical Associates where she practiced family medicine. Patients describe her as trustworthy and friendly. She is currently accepting new patients at Rittenhouse Internal Medicine: Main Line. Dr. McKnight received her Doctorate in Medicine from Temple University School of Medicine and completed her Family Medicine residency at Lancaster General Hospital. During her residency, she received many certifications including: suboxone training & certification advanced cardiac life support, advanced life support for obstetrics and advanced trauma life support. She has also earned recognition from Hershey Medical as an outstanding resident teacher. Her professional interests include: women's health, joint injections, weight loss medicine and dermatology.

Dr. McKnight is an active member of the American Academy of Family Practice, Pennsylvania Academy of Family Practice as well as the American Society of Bariatric Physicians.