

Panhandle

Public Health District

P O Box 337 | 808 Box Butte Ave | Hemingford, NE 69348

18 West 16th | Scottsbluff, NE 69361

308-487-3600 | pphd.ne.gov | 308-633-2866



August 6, 2026

For immediate release

For more information, contact: Nicole Berosek at nberosek@pphd.ne.gov or 308-279-3496

Panhandle Safety & Wellness Conference: September 17, 2026, at the Gering Civic Center

We're excited to invite you to the annual Panhandle Safety & Wellness Conference, a premier event bringing together regional leaders in workplace safety and wellness. Mark your calendar for Thursday, September 17, 2026, and join us at the Gering Civic Center for a full day of expert-led sessions, networking, and actionable strategies you can bring back to your worksite, organization, hospital, or school.

This year's event will also feature SHRM continuing education credits, providing a valuable opportunity for HR professionals and workplace leaders to earn credits while exploring timely, relevant topics that impact today's workforce.

We're pleased to welcome Dr. Brian Shelmadine, Chief Medical Officer, Box Butte General Hospital, as our keynote speaker. His presentation, "Lifestyle Medicine in Action: Practical Strategies for Healthier People and Workplaces," will highlight how evidence-based lifestyle approaches, including nutrition, physical activity, sleep, stress management, and social connection, can improve individual health outcomes and strengthen workplace wellness efforts.

"We're proud to bring such a high-quality lineup to the Panhandle," said Nicole Berosek, Wellness and Prevention Program Manager at Panhandle Public Health District. "It's an affordable, content-rich day designed to support healthier, safer workplaces, without the need for long-distance travel."

Berosek added, "We're also excited to honor a local leader with this year's Leading Light Award, as well as recognize Panhandle organizations with the Governor's Wellness Award. These recognitions highlight the incredible work happening across our region to advance wellness and safety."

Bring your wellness and safety committees, HR professionals, leadership teams, and colleagues to take part in this energizing and impactful event.



Additional sessions will explore practical applications and emerging topics, including:

- Workplace Safety Essentials
- Safety for the Human Resource Professional
- Managing Workplace Stress
- Understanding the Whole Employee

Space is limited, so get registered today at <http://www.pphd.ne.gov/pwwc.html> or <https://tinyurl.com/2026FallConference>. Registration for the full day is \$100.

For additional information about worksite wellness, visit <http://www.pphd.ne.gov/pwwc.html> or call Berosek at 308-279-3496. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District.

The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.