



Heroic Health & Wellness

How to Turn Bad News Into Best Practices & Bounce Back from the Health Care Crisis



By Scott Foster, President, Wellco



★ *“Scott was the keynote speaker for the Michigan HR Day conference, which had a sold out crowd of over 800 participants. If you are searching for a remarkable speaker who is also a pleasure to work with, I highly recommend Scott Foster.”*

Jeremy Stephens, CEO, Michigan HR



★ *“Scott Foster’s program to SA-SHRM was spot-on. Scott’s information is both eye-opening and startling! He brought a very complex subject into focus for our group.”*



Douglas Hamm, Chapter President
Sheboygan Area – SHRM



★ *“Scott Foster is a powerful speaker. Scott’s message reached me in a very personal way and his compassion and energy were obvious throughout his program.*

AnnMarie McCallum, Human Resources
Media Genesis



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About Scott Foster

“This was the best presentation I have ever heard on wellness. Not to mention I haven’t been to a presentation in a VERY long time that wasn’t read to me from the slides. Thanks for an awesome presentation!”

Beth Phillips, Meritain Health

Scott Foster is President of Wellco, based in Michigan. Scott is a frequently-invited expert and speaker regarding wellness ROI and making sense of new health care strategies. Scott has developed award-winning, results-oriented strategies to fix wellness programs and measurably improve organizational health costs and conditions.

Scott is a Consultant to the State of Michigan, Chairman of the Michigan Wellness Council and columnist for Corp! Magazine.

Scott and Wellco are recent award winners of; Michigan 50 Companies to Watch, Best of Michigan Business, Michigan's Economic Bright Spots and Entrepreneurs of Distinction.

Scott is a certified Health Promotion Director from the world-renowned Cooper Clinic and a certified Lipid Clinic facilitator from Chicago’s Midwest Heart Specialists. Scott is a former hospital cardiology manager and health educator.



Although there are countless resources on the subject of managing corporate health and wellness, Scott Foster’s programs are the first to say *“The emperor has no clothes”* and that a disturbing amount of attention is given to costly programs that should be the last resort. Also, Scott’s programs are the first to follow the imaginative design of an expert who shares fascinating real-life examples and experiences. Scott infuses his programs with startling first-hand



insights packed with takeaway tips for organizations of all sizes, types and budget. Participants will appreciate the encouraging, specific, cut-through-the-baloney tone of Scott’s programs and will be motivated to take action on a daily basis. Scott’s passion is contagious in the best sense of the word.

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