



1700 West 82<sup>nd</sup> Street  
Suite 200  
Minneapolis, MN 55431  
952.831.6830

**Media Contact:** Andy Jacobson  
Director, Strategic Communications  
952.897.5257  
andy.jacobson@hfit.com

## **FOR IMMEDIATE RELEASE**

### **HealthFitness to Sponsor 2017 HERO University Summit**

*The fifth annual University Summit to focus on health and well-being in higher education*

**MINNEAPOLIS August 29, 2017** HealthFitness is proud to sponsor the [2017 HERO University Summit](#), "Health and Well-being: Supporting Engagement and Resilience in Higher Education," on Sept. 10-11, at the Arizona Grand Resort & Spa in Phoenix, AZ.

The fifth annual HERO University Summit is for anyone charged with advancing health and well-being for university faculty and staff. Attendees will have plenty of opportunities for networking and learning the best practices supporting well-being in higher education.

[The HERO University Summit](#) is hosted by Emory University, Michigan State University, University of Iowa, University of Louisville and the University of Michigan.

### **University Summit agenda topics include:**

- The Science of Giving: Unique Aspects of University Well-being
- Are Faculty, Staff, and Students Living on Purpose? Reflections on Advancing Well-being in Higher Education
- Best Practices in Supporting Engagement and Resilience in Higher Education
- Best Practices in Action: University Panel on Using Metrics that Matter

[Download the complete agenda.](#)

"We appreciate HealthFitness' ongoing support and commitment to advancing good health at colleges and universities and helping make possible a forum where we can share best practices and the latest industry research," says Jessica Grossmeier, HERO Vice President of Research.

The HERO University Summit takes place before the [2017 HERO Forum](#), Sept 12-14 at the Arizona Grand Resort & Spa. More than 500 employers, employee health and well-being providers, wellness industry professional organizations and research experts are expected to attend the HERO Forum.

### **About HealthFitness**

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With more than 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit [www.healthfitness.com](http://www.healthfitness.com).

### **About HERO**

Based in Waconia, MN, HERO (the Health Enhancement Research Organization) is a not-for-profit, 501(c)3 corporation that was established in 1996. HERO is dedicated to identifying and sharing best practices that improve the health and well-being of employees, their families and communities. To learn more, visit [www.hero-health.org](http://www.hero-health.org). Follow HERO on [Twitter](#) or [LinkedIn](#).

# # #