

ReMAINE On Trend

Innovative Ways to Keep Your Workforce Well

Meet the Speakers

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Falmouth, ME



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Keynote Speaker

Debra Wein, MS, RDN, LDN, CWPD
CEO & Founder, Wellness Workdays

Debra Wein is CEO and Founder of OMC and Wellness Workdays, and has over 20 years of experience working in the health and wellness industry. Debra is also the Program Director of the Wellness Workdays Dietetic Internship, one of the largest nationally accredited programs in the United States, training future Registered Dietitians in the areas of worksite wellness and health promotion, sports nutrition and entrepreneurship and nutrition communications and marketing. Debra holds undergraduate and graduate degrees in nutritional sciences and applied physiology from Cornell and Columbia Universities. She is a nationally recognized expert on health and wellness.

Matt McGrath, President
Systems Engineering

Matt McGrath joined Systems Engineering in 2013 and was promoted to Director of Engineering in 2014. In 2017, Matt became the third person to hold the title of President in Systems Engineering's 30 year history. Matt received his B.A. from Clark University, majoring in Spanish, and his Masters of Education from the University of Maine in Orono. He lives in Yarmouth with his wife, Sonia, and their four children. Matt is an avid sportsman who enjoys squash, coaching his kids' sports teams, fishing, boating, and hiking in the great outdoors.

Tim Downing, President
Duratherm Windows

Tim Downing has been with Duratherm Window Corporation for 34 years and has been President and CEO since 1994. He is a 1984 graduate of the University of Maine at Orono with a Bachelor's of Science degree in Finance. Tim enjoys swimming, cycling, and running in the summer and ice-skating, cross-country skiing, and snow-shoeing in the winter. He has completed triathlons at Iron, Half-Iron, International, and sprint distances and is slated to do "The Dopey Challenge" in January of 2020. When time, weather, and fitness levels permit Tim regularly commutes via bike to work.



Glenn Haskell, Benefits Manager New Balance Athletics

Glenn Haskell is the Benefits Manager for New Balance Athletic Shoe. He has over 35 years experience in managing employee benefits. Prior to New Balance, Glenn managed benefits at Gillette and Beth Israel Deaconess Medical Center. He is a member on the Board of Directors of the New England Employee Benefit Council. He holds a degree in economics from Holy Cross.



Denise Dumont-Bernier, PT Executive Director at OMC

Denise Dumont-Bernier has been in the occupational health field for over 25 years. She has worked in private practice, national for-profit health care, and non-profit large health systems in Maine. Denise currently serves as the Executive Director at OMC, a Wellness Workdays Company, recognized locally and nationally as a leader in health behavior change, health coaching and wellness designed to deliver results. Denise holds a baccalaureate degree in physical therapy from Simmons College, Boston.



Janice Arsenault, Director of Health, Wellness and Occupational Health at MaineDOT

Janice Arsenault has been in the Health, Wellness and Fitness field for 36 years. Much of her experiences have involved engaging employees across different sectors and geographic locations. Janice is currently the Director of Health, Wellness, Ergonomics and Works with Occupational Safety for the MaineDOT. Her job involves working with 1800 DOT employees across the State creating and promoting prevention programs through health and wellness initiatives, She also oversees a State-wide ergonomics program (including office and heavy equipment ergonomics), along with overseeing the Occupational Safety program.



Eddie Williams, Business Development Officer Norway Savings Bank

Eddie Williams has been with Norway Savings Bank since 2016. Prior to his current position, he worked for seven years at a national financial institution. In 2018 Eddie joined the Wellness Committee and has since volunteered for several initiatives, including tobacco education and cessation.



Nicolas Mowatt, Health Coach OMC/ Norway Savings Bank

Nick Mowatt has been a Health Coach at OMC for 6 years and specializes in assisting employees with tobacco cessation. In the past Nick has led a 6-week tobacco cessation course for employees, and at Norway Savings Bank he continues to support the Wellness Committee tobacco initiatives, including Eddie's support group.