

The Allen County Worksite Wellness Group

The Allen County Worksite Wellness Group has been meeting since 1999.

The purpose of the group is to provide networking, information sharing and community resources to promote a healthy workforce.

Who should attend?

Human resource managers, benefits managers, employee health/safety personnel, or anyone interested in wellness at work.

All programs are free.



Evidence-Based Wellness

Adopting policies that support a culture of wellness

2009 Meeting Schedule

Promoting a Healthier Workforce

Good health and productivity go hand in hand. Overweight, lack of physical activity, poor nutrition and poor health habits take a toll on businesses through higher health care costs and overall day-to-day performance.

With this challenging economy, we can't afford to **not** encourage our employees to adopt a healthier lifestyle. This year's Allen County Worksite Wellness meetings will include sample policies, designated networking time on the day's topic, and hands-on resources and ideas that you can take back to your workplace to support a healthy work environment. Please note that each meeting will be at a different location.

We hope to see you there.

Meeting Schedule 2009

Best Practices in Nutrition

Wednesday, March 4, 2009
8:00—9:30 a.m.

Utility Field Services Building, City of Lima

1405 Reservoir Road, Lima, OH

Vending Machines: Offering Healthier Options

Tim Ladig, AVI Foodsystems

Bring Fresh Produce to Your Workplace

Rick Kabara from the Lima Farmer's Market will discuss produce delivery to the workplace.

Discussion: Nutrition at Your Workplace

New this Year! Take it Back

Bring back tools you can use for your workplace.

- American Cancer Society's Meeting Well, a planning guide for healthy meeting food.
- Sample nutrition policies
- "Wipe Out " Colon Cancer information
- Nutrition Display
- Stoke Month materials

