

# NEWS RELEASE

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For immediate release

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## **Employers can play an important role in helping employees meet those annual New Year's resolutions and reap tangible rewards for it**

“Worksite wellness means healthier employees, reductions in absenteeism and increased productivity and morale,” stated Jessica Davies with the Panhandle Worksite Wellness Council. “Employees want to work for someone who values their health and provides benefits that affect their quality of life.”

Panhandle employers have a wonderful resource available to assist in employee recruitment and retention – the Panhandle Worksite Wellness Council has an abundance of benefits for members and is excited to partner with the National Network of Wellness Councils in 2012 to provide additional benefits for members at no additional charge.

“Council members receive free state-of-the-art health risk appraisals to determine your company’s primary health concerns,” Davies added. “In addition, we will create an electronic interest survey, customized to the employer’s worksite and work with the employer to write an annual wellness plan.”

The wellness council provides tools and ongoing consultation for members, training and quarterly networking opportunities and ready-to-use services such as monthly employee newsletters and bulletins, resource lists, podcasts and customizable policies and behavior change programs, all updated frequently. Members are able to send unlimited representatives to regional workshops at several Panhandle locations and regional trainings with nationally-recognized health and wellness experts.

Davies is a certified worksite wellness program manager and coordinator for the Panhandle Worksite Wellness Council. She guided Panhandle Public Health District to become a Governor’s Excellence in Wellness Award winner in 2010. Martha Stricker, Nurse Manager with Scotts Bluff County Health Department, has over ten years of worksite wellness experience. Together they work directly with businesses in all eleven Panhandle counties providing technical assistance and guiding them through the evidence-based process to receive the Governor’s Excellence in Wellness Award.

The mission of the council is to build employer’s capacity to create a culture of wellness for employees through environmental and policy changes by providing evidence-based training, resources and ongoing health promotion initiatives. Registering is easy and dues are minimal. More information is available online at [www.pphd.org/pwcc.html](http://www.pphd.org/pwcc.html).

For additional information about worksite wellness, visit the website or call Davies at 308-487-3600 extension 101 or Stricker at 308-630-1559.