

NEWS RELEASE

July 12, 2011

For immediate release

For more information, contact: *Jessica Davies*, 308-487-3600, X101 or 866-701-7173

Local employers invited to join wellness council, reap tangible rewards

Panhandle employers have a new resource available to assist in employee recruitment and retention – the Panhandle Worksite Wellness Council launches this week with an abundance of benefits for members.

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

Davies is a certified worksite wellness coordinator at Panhandle Public Health District. She guided PPHD 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 will be working directly with businesses in all eleven panhandle counties providing technical assistance and guidance.

The wellness council provides free tools and consultation for members, training and networking opportunities and ready-to-use services such as employee newsletters and bulletins, screening, testing and welcome kits, resource lists, podcasts and customizable policies and behavior change programs, all updated on a frequent basis. Ongoing technical assistance in following worksite wellness processes and alignment with the Governor’s Excellence in Wellness Award criteria is another service for members.

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

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. A Member Benefits informational overview is coming to a panhandle community near you. There is no fee to attend and an incentive will be provided to all that come! A simple dues structure and more information are available online at www.pphd.org/pwcc.

Members also receive unlimited representatives at regional workshops at several Panhandle locations, biannual regional trainings with nationally-recognized health and wellness experts, quarterly face-to-face networking opportunities with other worksite wellness locations, a members’ only online networking forum and ongoing communications regarding workshops, conferences and other events nationwide.

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