

# NEWS RELEASE

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For immediate release

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## **Businesses may realize 3-to-1 cost savings through worksite wellness**

No company is too big or too small to get on board with worksite wellness. “Businesses can reduce absenteeism, improve morale and productivity, plus see a cost savings,” said Jessica Davies, wellness coordinator with Panhandle Public Health District.

PPHD is hosting an information opportunity in Alliance July 28 for companies interested in getting on-board to support healthy lifestyle choices. Attendees will hear about how Panhandle agencies have created model, results-oriented programs. Updates on best practices will be shared and other networking opportunities are available. There is no cost to attend and a free incentive will be provided to each attendee.

The meeting is at the Alliance Library and Learning Center, 1750 Sweetwater Avenue, in Room A from 9 to 11 a.m. To register, contact Davies by calling 308.487.3600 or e-mailing [jdavies@pphd.org](mailto:jdavies@pphd.org).

For additional information about worksite wellness, visit [www.pphd.org](http://www.pphd.org). The purpose of the Panhandle Public Health District is to educate the region it serves about the prevention of epidemics, spread of contagious diseases, injury, illness and disability. The district is charged with promoting and encouraging healthy behaviors. They promote the quality and accessibility of health services and protection against environmental hazards. Through education, protection and promotion of these issues, the Panhandle Public Health District believes the quality of life of the residents they serve can be greatly improved.