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NEWS RELEASE

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For immediate release

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Gering woman receives Leading Light Award at recent Panhandle Safety & Wellness Conference

The Panhandle Worksite Wellness Council honored the 4th Leading Light Award recipient at the recent Panhandle Safety & Wellness Conference held in Scottsbluff on October 21.

Lisa Peden with The DOVES Program was nominated by her peers for this distinction and being a true leading light. Peden has been on DOVES' wellness committee for many years, is enthusiastic about their team, and tries to help her co-workers make healthy choices.

"She's worked hard on her own wellness inspired by Panhandle Worksite Wellness's health coaching. She's brought veggies and fruit water for meetings and made suggestions that have helped all of us think more healthfully. I really appreciate her as a coworker and a friend who has helped me make better choices for my own health. She's an awesome human!" shared her nominating coworker.

DOVES staff surprised her with a video they created which is accessible at www.pphd.org/pwwc.html.

The award was created in 2018 in honor of Annie Loutzenhiser, *"for her dedication and leadership to employee health and well-being in the Panhandle."*

Previous recipients include:

2019 – Rachel Johnson of Northwest Community Action Partnership in Chadron

2020 – Cheryl Abegglen of Chadron Community Hospital

There's no cost to nominate an individual at your worksite, organization, school, or hospital and the recipient is selected and honored at the annual fall conference. For additional information about worksite wellness, visit www.pphd.org/pwwc.html or call Nicole Berosek at 308-262-2217.

The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our

employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.



Lisa Peden, Jennifer Ponce, and additional wellness committee members.