

New Corporate Wellness Resource Guide Now Available

The Wayne County Wellness Vision Council announces the availability of the 2008 Corporate Wellness Resource Guide for interested companies and individuals. The Guide is a brand new publication developed by Wellness Vision Council members in an effort to support and encourage local businesses to initiate and maintain worksite wellness programs for their employees. If you are starting or running a workplace health promotion program, or even just interested in doing so, this Guide is for you!

The Council recognizes the ever-increasing health care costs that employers continue to face, and current research shows that workplace wellness programs can help control these costs by encouraging healthy lifestyles and healthy habits for their workers. The new Guide is free of charge and provides information about the benefits of specific wellness programs, resources to help develop workplace wellness programming, and examples of strategies that have been proven successful in various area companies. Copies can be obtained at the Orrville Area United Way, Dunlap Community Hospital, or the Orrville Chamber of Commerce.

The Wayne County Wellness Vision Council is a voluntary group of individuals interested in promoting health, fitness, and wellness in the workplace who represent a wide range of area organizations and businesses. The group meets on the third Thursday of each month at noon at the United Way of Wayne & Homes Counties in Wooster. The group is sponsored by both the Orrville Area United Way and the United Way of Wayne & Holmes Counties as part of their goal of promoting good health in the community. Any one can join the group or pick-up a Wellness Resource Guide. Please contact Mary Lynne Zahler, Wellness Council Co-Chair and Wellness Manager at Dunlap, at 330-684-4790 with questions or for more information.

