



# In the Spotlight

## **Borough of Fieldsboro**

We all know that when it comes to our health, we need to be consistent with the choices we make throughout the year. It's not a one time "fix"; it is a lifestyle change. Patrice Hansell, Clerk for the Borough of Fieldsboro, has been devoted to making wellness a part of this small municipality's culture. At every Safety Committee Meeting, time is devoted to the discussion of wellness. From reviewing topics highlighted in the monthly Wellness Corner Connection Newsletter to setting a workplace wellness goal, employees have been empowered and supported to strive for personal wellness milestones.

- One employee has quit smoking (over 6 months now)!
- Three employees continue to lose weight in a healthy way!
- And one employee, through lifestyle changes, has even brought his A1C counts down to near normal levels!

What is so wonderful is to see the support and the enthusiasm that has developed among them. Three key "take-aways" from this: 1). Wellness has to be ongoing in order for progress to be made and sustained, 2). Wellness has to be supported from the top down for it to stick and 3). It doesn't matter how small your municipality is, wellness can still happen!

**Congratulations Fieldsboro on continuing this journey towards wellness! And thank you, Patrice for your endless support!**

Do you have a story you'd like me to share? Please email me at [debby\\_schiffer@targetingwellness.com](mailto:debby_schiffer@targetingwellness.com).