



In the Spotlight

Medford Township

The role of the Wellness Committee of any municipality is to serve as ambassador for the worksite Wellness Program. The main tasks involve planning, promoting and evaluating program components that have the wellness needs of all employees in mind.

The newly established Wellness Committee of Medford Township hit the ground running! After only one meeting, they established a plan to offer a wellness initiative throughout the summer months. Beginning with a Water Challenge which encouraged employees to focus on staying hydrated...perfect timing before hitting the hot summer months, they also planned a guest speakers and lunch & learns that covered such topics as Stress Management, smoothie demonstrations and the holistic approach to pain management using acupuncture.

Thank you, Medford Wellness Committee, for your commitment to creating a culture of wellness among your township employees!



Do you have a story you'd like me to share? Please email me at debby_schiffer@targetingwellness.com.