



In the Spotlight

Pemberton Township

We all know that when it comes to our health, we need to be consistent with the choices we make throughout the year. It is not a one time attempt; it is multiple tries until it becomes a new lifestyle. Pemberton Township, in particular Michele Brown and Joyce Tinnes, have been devoted to making wellness a part of this municipality's culture (a.k.a. "lifestyle"). Every quarter this duo organized events that focused on nutrition, exercise, weight management, as well as coping with stress. This year, educational Lunch and Learns were held every quarter. An Employee Health Fair offered screenings, flu shots, and opportunities to de-stress with chair massages and Reiki. Weight loss and Fitness Challenges were offered resulting in shared employee support and encouragement towards adopting healthy lifestyle habits. What has been wonderful to witness is the enthusiasm and participation that has grown among co-workers since the start of the Wellness Program. Two key "take-aways": 1). Wellness has to be ongoing in order for progress to be made and sustained, and 2). Wellness can be fun...especially when a municipality works together towards a common goal!

Congratulations Pemberton Township on continuing this journey towards wellness! And thank you, Michele and Joyce for your tireless support!

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