

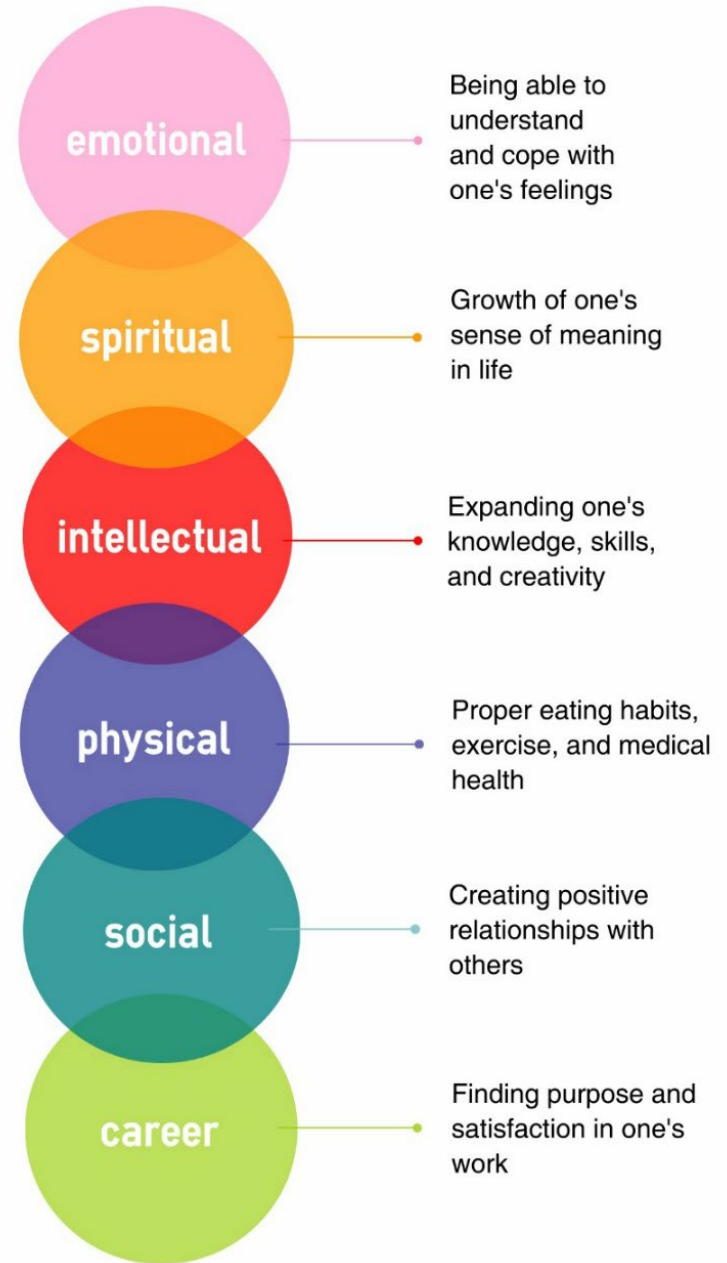
Round Table Discussion

Wellness On The Menu

Debby Schiffer, Wellness Director

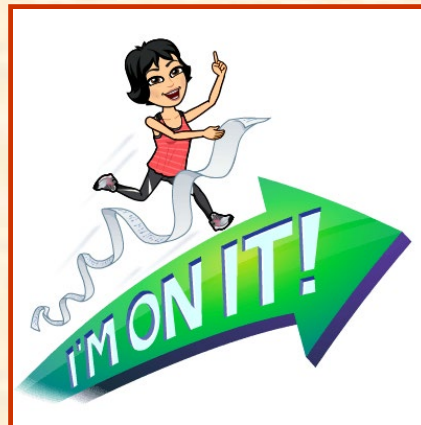
Targeting Wellness in the Workplace

Email: debby_schiffer@targetingwellness.com



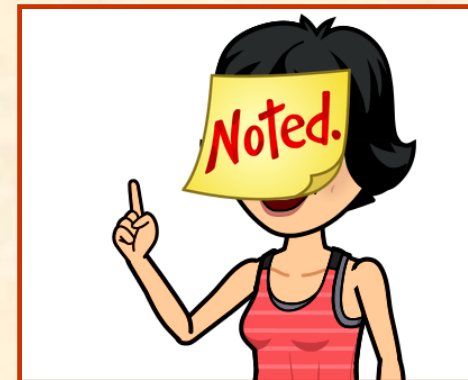
Available Resources

- Wellness Incentive Funds
- Healthy Living @ Work Poster
- Wellness/Safety Calendars – monthly reminders
- Wellness Corner Connection Newsletter
- Wellness Policy
- Wellness Ideas “Best Practices” – List of ideas by category
-and Me!



Please keep in mind...

- Low participation does not mean failure
- Divide and conquer – focus on one employee group/department at a time
- Be consistent – so we create a culture of wellness
- Think outside the box!
- Keep it simple and make it fun!



What's Working For You?



Wellness Champion

- Serves as an ambassador and resource to the municipality to build a culture of wellness
- Needs to believe and support the program
- Works with department heads
- Maintains communication with the JIF Wellness Director

Does not have to take up a lot of your time

Does not have to be responsibility of one person!

A RIVER
CUTS THROUGH
A ROCK

NOT BEC
OF ITS P
BUT
PERSIST

“Do not judge
me by my
successes,
judge me by
how many



WE DON'T GROW WHEN
THINGS ARE EASY; WE
GROW WHEN WE FACE
CHALLENGES.

k, thx

