

Want Healthier, Happier, and More Productive Employees ?

Start a Worksite Wellness Program !

Starting a worksite wellness program doesn't have to be complicated or costly, but the benefits of a wellness program are substantial. Worksites that have implemented a worksite wellness program have experienced the following:

1. Healthier workforce
2. Increased productivity
3. Improved customer service
4. Decreased absenteeism
5. More positive work environment
6. Increased employee satisfaction

The Piscataquis Public Health Council (PPHC) has a limit of ten \$500 mini-grants available to assist small businesses of 50 or fewer employees in planning, organizing, and managing a worksite wellness program. Making healthy snacks available to employees at a reasonable cost, establishing walking routes, establishing a library of exercise DVDs and equipment, or planning a healthy activity are examples of ways a grant could be used.

If chosen to receive a grant, each business will receive help in implementing and designing a wellness program that will suit their specific needs. The business must work closely with the PPHC health educator, and should identify a minimum of 5 of the following goals to include in their wellness plan:

1. Implement a healthy snacks program
2. Develop and sustain a worksite wellness bulletin board
3. Develop and implement a physical activity program
4. Implement a worksite tobacco policy
5. Implement a worksite substance abuse policy
6. Participate in monthly health quizzes created by PPHC health educator
7. Educate employees about health promotion and chronic disease prevention with assistance from PPHC health educator

Mini-grant applications must be turned in by May 25th. For more information and to obtain a copy of the mini-grant application, please call Jamie Padham, Piscataquis Public Health Council, at 564-4123 or email at jpadham@mayohospital.com.