

**Apple Festival Races &**  
**Healthy Lifestyles Committee**  
Vacant, Chairman

Mission: Promote workplace wellness as a method for businesses to improve morale, increase productivity, reduce absenteeism and healthcare costs.

Goals:

- Host events that promote wellness in the workplace.
- Communicate benefits of wellness in the workplace to members and to the community at large.

Action Steps:

- Coordinate and Host the Apple Festival 8/5K.
- Increase number of participants/runners.
- Consider alterations for the 2024 event that will enhance participation.
- Increase communication to the membership regarding a) health care reform initiatives and timetables, and b) wellness program availability.
- Investigate new activities that promote workplace wellness.