



## **Healthy Lifestyles Committee**

Tina Kinsey, Chairman

Mission: Promote workplace wellness as a method for businesses to improve morale, increase productivity and 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:

- Increase sponsorships for the Apple Festival 8/5K.
- Increase number of teams and individual runners.
- Increase profitability of the 8/5K event.
- Coordinate production of the event (location, set-up, parking, etc.).
- Coordinate advertising efforts related to the 8/5K.
- Promote event to member businesses for team 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.