

## Worksite Wellness Program

*By Nina Novikoff, Assistant Director HR*

Ferry County Public Hospital District recently rolled out its new and improved Employee Wellness Program. One of the biggest changes is our Wellness Committee, comprised of a group of volunteer employees that are motivated to improve the health and wellbeing of our staff. Our Wellness Committee has come up with some fun and exciting health and wellness activities that not only benefit our employees, but the community as well.

Our kick off began March 1st, with a “Biggest Loser” competition. We have 37 employees participating in the competition, and the support and motivation to one another is very encouraging. To promote healthy eating habits, we will be having quarterly potlucks featuring healthy, whole food recipes employees can take home and share with their families and friends. The Wellness Committee is also sponsoring a Walk-a-thon to support the Republic High School’s “ground to plate” program that

will have students planting and harvesting the food they enjoy at lunch. We will also be promoting the utilization of our local recreational opportunities by having maps and trail guides of great places to explore this summer. These activities are just a few that our Wellness Committee has championed to work into our annual Wellness Challenge. We feel these activities offer fun and creative ways for employees to meet their goals for the year.

It is our hope that the efforts of the District to improve the health of its workforce will motivate the community to do the same.

For more information about wellness programs available through the American Heart Association, visit their website at: [www.heart.org](http://www.heart.org).

*Prior Hospital Happenings available at <http://www.fcphd.org/news.html>*

**Ferry County Public Hospital District**  
*Improving Health – Saving Lives*



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