

In the Spotlight

Deptford Township

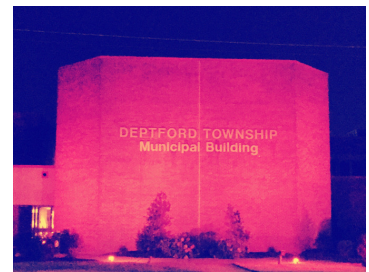
Employee Health & Wellness Fairs are a great opportunity for employees to gather resources, learn something new, get necessary screenings, experience techniques to de-stress, engage in team building activities and just have a little fun. Deptford Township, for the past two (2) years, has taken this concept to another level by offering such activities for an entire week! Through the creative efforts of the wellness team, totally supported by the Township's Mayor, events offered included the following:

- EMS Personnel roamed the halls throughout the week offering blood pressure checks right at the employee's desk
- Employees participated in a smoothie making contest, chair massages, a chili cook off, and an interactive Team Family Feud game
- Flu shots were available on a walk-in basis
- Special fitness classes were offered after work in the Township's Fitness Room onsite.

Employees were encouraged to dress comfortably for the week's events, many wearing pink to display their support of "Breast Cancer Awareness" Month.

It was wonderful to hear the comments made on how employees had never laughed so hard at work nor seen such positive morale from their co-workers as they did during Wellness week.

On top of all this, Deptford Township Mayor and Council also incorporated their local businesses and organizations to "*Paint the Town Pink*". Deptford Township provided a community-wide support for hope and healing. A pink spotlight shown on the township municipal building at night was a true reflection of this support.



This week of activities proved to everyone that wellness can indeed be fun. When we strive to stay healthy together and create a "culture of wellness" within the work place, everyone benefits!

Do you have a story you'd like me to share? Please email me at debby_schiffer@targetingwellness.com.