



In the Spotlight

Woolwich Township

The Wellness Committee at Woolwich, made up of *the Jessica and Julie duo*, stepped out of the traditional wellness “box” and into a locked room...an escape room to be exact!

They organized a team of co-workers who joined together for some team building fun away from the office. Chances are you have heard about these Escape Rooms. It offers an exciting, interactive and challenging game where you and your team are locked in a room and have to work together to find clues, solve puzzles and decipher codes as you race against the clock.

For some, this may sound too much like the work day! But not for the Woolwich Team! Their motivation and team spirit enabled them to pull together with minutes left to “escape”, while strengthening their friendships, as well as level of determination and perseverance!

As mentioned by one employee, “It was a great event and to hang out without talking about work was a great stress release.”

Wellness should be fun and with the efforts put forth by Jessica and Julie, it proves that creating a work environment where there is support, camaraderie and communication, anything is possible...even escaping a locked room!!

Congratulations Woolwich Township!

By creating a culture of wellness in the workplace not only does it motivate employees to make healthier choices, it provides an environment that enhances the quality of life for all who work there. **And a very special thank you to Jessica and Julie for organizing such a fun and beneficial event!**

Keep up the great work!

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