



THE COUNTY OF CHESTER



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FOR IMMEDIATE RELEASE

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For more information call 610-344-5205

Chester County Health Department offers Worksite Wellness program to area businesses

WEST CHESTER, PA—The Chester County Health Department is offering free worksite wellness programs for interested businesses located within the county. Through this collaborative program, the Chester County Health Department will guide Chester County businesses in the development and implementation of effective wellness programs.

“The addition of a results-driven wellness program is one of the most effective ways that a business can help its employees adopt healthier lifestyles while decreasing health care costs, rates of absenteeism and worksite stress,” commented Jeanne Casner, Director of the Chester County Health Department.

The Health Department’s worksite wellness program can assist in the creation of a wellness action plan specific to a business’s employee profile; coordinate elements of a wellness program including biometric screenings, massage therapy, on-site healthy cooking demonstrations, raised garden beds and education on health topics such as cholesterol management and sleep hygiene; lend technical assistance to implement wellness programs; and assess the extent to which a business’s current wellness program has implemented evidence-based health promotion strategies.

This project is funded by the Pa. Department of Health’s Preventive Health and Health Services Block Grant.

Chester County businesses interested in enrolling in the worksite wellness program should contact Elizabeth Herzberger, Chester County Public Health Educator at cherzberger@chesco.org or call 610-344-5205.

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