

Liberty Consolidated Planning Commission

Administrative Policy and Procedures

Workplace Wellness Policy

Approved: November 18, 2013

Purpose and Intent.

With the rising onset of health problems and the top three being High Blood Pressure, Obesity, and Heart Health in Georgia; the Liberty Consolidated Planning Commission (LCPC) has a growing concern for their employees' health and wellbeing. Therefore, The LCPC is dedicated to helping employees reach optimal health and improve their quality of life.

The LCPC recognizes the benefits, to both employees and employers, of programs that promote and support workplace health and wellness. The LCPC Workplace Wellness Program is designed to provide employees with the tools they need to make positive lifestyle changes that result in better physical and emotional health and wellbeing.

This Policy's Goals are to:

- Provide tools to encourage employees to live a healthy lifestyle.
- Support proper diet and exercise regiments with scheduled activities and demonstrations
- Supply materials to employees that will help to guide health and wellness initiatives

Actions to Achieve the Desired Goals:

- Demonstrations by outside vendors
- Participate in Walk Georgia
- Monthly health initiatives

Wellness Committee

As part of the LCPC commitment to wellness, a Health Promotion Leader has been appointed and a Wellness Committee formed that will be responsible for the following:

- Promote a healthy environment
- Schedule demonstrations
- Prepare materials for monthly initiatives
- Encourage and track health activities

Adopted by the Liberty Consolidated Planning Commission Governing Board, Hinesville, Georgia. this _____ day of, _____, 2013.

Sandra Martin, LCPC Governing Board Chair

Attest: Jeff Ricketson, LCPC Executive Director

- Signature page -

Please read the LCPC Workplace Wellness Policy carefully to ensure that you understand the policy before signing this document.

Jeff Ricketson, Executive Director

Date: _____

Melissa Jones

Date: _____

Donna Shives

Date: _____

Nils Gustavson

Date: _____

Gabriele Hartage

Date: _____

Abe Nadji

Date: _____

Joey Patenaude

Date: _____

Curles Butler

Date: _____

