



Memorandum

TO: Walworth County Employees
FROM: Dale Wilson, HR Director *Dale*
DATE: September 1, 2018
SUBJECT: Walworth County Employee Wellness Program

Human Resources

Dale Wilson
Human Resources Director

Our Employee Wellness Program is in its ninth year of operation. Over the last nine years, the program's participants have collectively lost more than 3,500 lbs of weight, walked thousands of miles, given enough blood to save hundreds of lives, established regular workout routines, adopted healthy eating habits, and much more.

The subject of wellness forces all of us to contemplate how intentional we are being about taking care of ourselves. You, your family and friends, your work and work product and your communities are all impacted by how intentional you are about your wellness.

For the 8th year in a row Walworth County employees have been honored with the recognition as one of the "Healthiest Companies in America" by Interactive Health. We were one of 13 organizations in WI who earned this recognition in 2017.

Walworth County leadership has said it before and we will say it again - we care about you and your wellness. Because of this we are committed to the health of our organization and the health of our employees. A big step in caring about your whole life is doing everything we can, within budgetary restrictions, to integrate wellness into our culture. In order to support and encourage employees in being physically active, we are introducing our 2018-2019 Wellness Program. Our program will include opportunities for challenges, education, comradery and continued health. We hope that by offering you this program in advance it will be easier to find time (or motivation) to be active at work.

Annually each May our Wellness Council seeks employee feedback in attempts to design programs that make physical activity easier for you during the workday. Please feel free to contact the members listed below with any suggestions on how we can continue to support you. We cannot always financially or legally implement all suggestions, but we are more than willing to listen and discuss other opportunities to enhance/improve our wellness offerings.

Members of the Wellness Council include:

Dale Wilson – Executive Support, Lisa Henke – Chair, Becky Kligora – Vice Chair, and Tammy Werblow – Human Resources, Kristi Schiller – Corp Counsel, Colleen Lesniak – Volunteer Services, Dan Dailey – Sheriff's Office, Jodi Bronson – Lakeland School, Mel Davis – Lakeland Health Care Center, and Dan Clausen – Health and Human Services

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