



Memorandum

TO: Walworth County Employees
FROM: Dale Wilson, HR Director *Dale*
DATE: November 1, 2016
SUBJECT: Walworth County Employee Wellness Program

Human Resources

Dale Wilson
Human Resources Director

Our Employee Wellness Program is now in its seventh year of operation. Over the last seven years, the program's participants have collectively lost more than 3,000 lbs of weight, walked thousands of miles, given enough blood to save hundreds of people, 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. It doesn't take long to get philosophical when it comes to wellness. You, your family and friends, your work and work product and your communities are all impacted by how intentional you are about wellness. You've heard it many times at Walworth County - we care about you. A big step in caring about your whole life is doing everything we can to integrate wellness into our culture.

We are committed to the health of our organization and the health of our employees. In order to support and encourage employees in being physically active, we are introducing our 2016-2017 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.

I have asked our Wellness Council to seek employee feedback on our attempts to make physical activity easier for you during the workday. Please feel free to contact them with any suggestions on how we can continue to support you.

Members of the Wellness Council include:

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

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If you have questions about the program, please contact Lisa Henke, Risk/Benefits Manager or a member of the Wellness Council.

Human Resources

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Employee Benefits

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Thank you for your assistance in helping us continue this important program.