



Memorandum

TO: Walworth County Employees
FROM: Dale Wilson, Human Resources Director 
DATE: August 14, 2014
SUBJECT: Walworth County Employee Wellness Program

Human Resources

Dale Wilson
Human Resources Director

Our Employee Wellness Program is now in its fifth year of operation. Over the last five years, the program's participants have collectively lost more than 2,000 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. You, your family and friends, your work and work product and your communities are all impacted by how intentional you are about wellness. The County Board supports our employee wellness initiative as evidenced by their approval of our 2014-2015 Wellness Program. By supporting this initiative, our elected officials are demonstrating they care about your physical and mental wellness. A big step in caring about your whole life is doing everything we can to try 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 2014-2015 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:

Seth Rehbaum – Chair – Human Resources, Tammy Werblow – Vice Chair – Human Resources, Lisa Henke – Human Resources, Dale Wilson – Human Resources, Carol Nelson – IT, Colleen Lesniak – Volunteer Services, Howie Sawyers – Sheriff's Office, Christy Heinrich – Public Works, Robyn Swanson – Lakeland School, Lena Rosenthal – Lakeland Health Care Center, and Mel Davis – 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
262.741.7950 tel
262.741.7948 fax

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

Employee Benefits
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