



Worksite Wellness

Geographic Area: Rio Arriba County

Target Audience: Local businesses

Lead Organization: Presbyterian Healthcare Foundation

Description: The Community Diabetes Initiative, based at Presbyterian Espanola Hospital, held a business conference in March 2009 that highlighted the impact diabetes has on businesses, families and communities in Rio Arriba county. This is an effort to make a difference in the community by encouraging local businesses to focus on the health and wellness of their employees. The conference discussed the impact that a wellness program can have on the business bottom line and offered tools to implement worksite wellness programs.

In the second phase of the project, several businesses are implementing wellness programs and will meet on a quarterly basis to compare notes and share ideas about best to pursue and maintain worksite wellness.

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