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Employee Wellness

Did you Know?

You are allowed 30 minutes a day for a wellness break. In preparation for this year's Wellness Day, we encourage you to re-acquaint yourself with the district's Worksite Wellness Policy located on the employee intranet under HR Policies and Forms.

Wellness is more than just nutrition and physical activity, according to Webster, it defined as the quality or state of being healthy. The National Wellness Institute says there are six dimensions of Wellness: Occupational, Physical, Social, Intellectual, Spiritual and Emotional.

For the last several years, the Centers for Disease Control and Prevention (CDC) has awarded the Georgia Department of Public Health with grant funding for state and district worksite wellness initiatives. Southeast Health District has used this funding to support annual Wellness Day activities for all employees.

Earlier this year, a wellness survey was sent to all staff. Those who answered the survey, overwhelmingly chose to have this year's wellness activity at individual sites. The surveys also provided great suggestions for wellness support items and presentation topics.

This year's 2019 Worksite Wellness Day will be held on Thursday, June 13 and all Southeast Health District's sites will be connected via telehealth at 8:30 a.m. for a wellness presentation. Program topics includes; Healthy Lunch Ideas, Emotions and Eating, Achieving a Work Life Balance and Yoga. Then at 11:30 a.m. all sites will enjoy a healthy lunch and participate in a group wellness activity. More detailed information will be provided closer to the event date.



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