

## **CMHA PROMOTES HEALTHY LIVING**

*CMHA designed a program to encourage wellness with employees*

On Thursday, December 17, 2009, CMHA launched a new Healthy Living Program for employees. This program was created to encourage wellness by increasing physical activities, educational awareness, motivating employees to make robust decisions and increasing overall healthy lifestyles.

The Wellness Kick-Off Celebration was held at the Riverview Community Center, where approximately 200 CMHA employees gathered to engage in activities and learn how they can achieve a healthier lifestyle for the New Year. Sponsored by Medical Mutual, Kaiser Permanente, Concentra and the YMCA of Greater Cleveland, representatives from each organization gave presentations on how to promote life balance, nutrition and physical fitness in their everyday routine.

In addition to the presentations, activities at the celebration included seated chair massages and employees filling the dance floor with line-dancing. Stress relief balls, a healthy snack, recipes, water bottles and discounts to a spa were a few of the give-a-ways employees collected.

The Healthy Living Program will continue to reach out to CMHA employees by executing events throughout the year, such as offering gym membership discounts, complimentary health screenings, fitness classes located on site, smoking cessation, department competitions, along with many other initiatives.

“CMHA recognizes that healthy living is an essential component in everyone’s life,” said Mark Hunt, director of human resources. “In 2010, we are working to establish programs for our employees so they can achieve the goals they set for themselves.”