



## **Create a Healthy Community in the Workplace**

### Objectives and Components

The objectives of a healthy work environment are to:

- 1) Increase caregiver awareness of health and wellness (including their own);
- 2) Help caregivers feel better (improve their health) where they work; and
- 3) Foster a culture that contributes to improving and supporting healthy behaviors for caregivers.

### Local Programs may include:

- 1) Educational healthy cooking demos;
- 2) Health education classes or lunch and learns featuring presentations by health experts;
- 3) Implementation of a wellness day/event to educate caregivers on topics ranging from immunization, diabetes, and heart health, to name a few; and
- 4) Fitness Activities to include Zumba, Yoga, walking clubs, and group recreational activities such as jogging, basketball or volleyball.