



## *Monroe in Motion*



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

The Fit-Friendly Companies program recognizes employers who champion the health of their employees and work to create a culture of physical activity and health in the workplace. Monroe County was proudly selected to receive this honor in January 2014. Monroe in Motion provided many programs to assist in earning this prestigious award. Monroe In Motion (your Wellness Committee) was formed, a wellness survey was administered, we had an event that focused on blood pressure screenings and knowing your numbers, we participated in the Eat Well Live Well Challenge, we produce a quarterly newsletter, we hosted flu shot clinics and created walking maps for select Monroe County worksite locations. Monroe in Motion will be working with the American Heart Association to earn this award once again.

Interested in joining Monroe in Motion or offering wellness suggestions? Contact the committee via e-mail, [monroeinmotion@monroecounty.gov](mailto:monroeinmotion@monroecounty.gov)