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YMCA FOCUSES ON WORKPLACE WELLNESS

Fort Wayne, IN [July 9, 2014] – The YMCA announced that applications are now available for the 2014 Workplace Wellness Awards which are a means to evaluate where companies fall in the basic criteria of Workplace Wellness development and implementation. Through a partnership with Greater Fort Wayne Inc. the Y helps develop and grow corporate Workplace Wellness programs.

“Companies don’t have to be wellness experts to participate in the Workplace Wellness Program,” said Wendy Spitznagel, Director of Health Initiatives for the YMCA of Greater Fort Wayne. “The process is educational and benefits businesses regardless of their current stage in wellness development. The assessment process is not a matter of winning or losing, nor is it a measure of success or failure. Rather, it is a way of understanding stages of corporate development within the process of creating sustainable change toward healthy living.”

Five designations of the Workplace Wellness Awards are possible to achieve – Copper, Bronze, Silver, Gold, and Platinum. The awards, which recognize employers who create healthier workplaces, are based on the National YMCA’s Community Healthy Living Index, which is an assessment of a worksite’s physical environment, physical activity opportunities, health promotional efforts, healthy eating options and company policies. Each company receives an index score that marks their placement along the workplace wellness continuum.

An awards ceremony celebrating Fort Wayne’s ‘Healthy Employers,’ will be held to highlight the achievements of local companies. Scott Glaze with Fort Wayne Metals, will be the featured guest speaker for the Workplace Wellness Awards, which will be held on Thursday, October 23, 2014 from 4-6pm at the Parkview Field Suite Level Lounge. Each company will share programs that have been successful, including how the program contributes to overall health and well-being in the workplace.

To participate in the 2014 Workplace Wellness Awards, download and complete a workplace assessment at http://www.fwymca.org/healthy_living.php or call 260-918-2149 and request an application. Applications must be returned along with a \$50 application fee to the YMCA Metropolitan office by September 1, 2014. The application fee includes two seats at the awards ceremony on Thursday, October 23, 2014 as well as a consultation with a YMCA Wellness staff member to review the assessment results.

For more information about the 2014 Workplace Wellness Awards, contact Natalie Woods, Corporate Membership Director, at natalie_woods@fwymca.org or 260-918-2149.

About the YMCA of Greater Fort Wayne

The YMCA of Greater Fort Wayne has long been committed to strengthening this community through youth development, healthy living and social responsibility. Serving more than 73,000 people across Allen, Wells, Whitley and LaGrange counties through six membership facilities, as well as two service branches and YMCA Camp Potawatomi our cause is to strengthen community. To learn more about the YMCA of Greater Fort Wayne and how you and your family can get involved, please visit fwymca.org or join us on Facebook.