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**For Immediate Release**  
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**NEWS RELEASE**

**Businesses are Encouraged to Join Worksite Wellness Initiatives  
with Charlotte County Health Department**

**Port Charlotte (FL)** – Charlotte County Health Department will be hosting a worksite wellness meeting on Tuesday December 14, 2010 from 9:00am - 10:00am at 1100 Loveland Boulevard, Port Charlotte. Local businesses are encouraged to participate to discuss how they can create a healthy workplace that supports healthy behaviors like healthy eating, being physically active, and quitting tobacco.

A worksite wellness program is an organized program that raises health awareness among employees. There are cost-effective ways that businesses can promote good health, including simple promotions such as Charlotte County Health Department's, *Take the Stairs* campaign. Friendly posters remind employees to choose stairs to benefit from daily physical activity. Organizations of every size can benefit from a worksite wellness program. Some potential benefits are: greater productivity, improved morale and social support, reduced absenteeism, improved job satisfaction, and improved fitness and health.

Results of a recent survey by the health department indicate that Charlotte County businesses are interested in promoting worksite wellness. "Wellness at the worksite should be common practice. With employees spending at least a third of their waking hours at the office, the worksite serves as an excellent opportunity to promote healthy lifestyles to a large portion of our community," said Mary Kay Burns, Charlotte County Health Department Interim Director.

The worksite wellness meeting will be at the Port Charlotte facility at 1100 Loveland Boulevard. All Charlotte County businesses are invited to participate. If you are interested in attending the meeting please R.S.V.P. with Mike Robishaw, Senior Health Educator, at 941-624-7200 ext. 7280. For information about the Charlotte County Health Department and services offered, visit the Website: [www.charlottechd.com](http://www.charlottechd.com).

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