

Carroll County Times

Editorial for Saturday, May 15, 2010

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Editorial Staff |

The Partnership for a Healthier Carroll County debuted a worksite wellness resource guide last week and also recognized employers like New Windsor State Bank, Carroll Hospital Center and Carroll Community College which are already implementing wellness programs with their employees. Workplace wellness can be as simple as encouraging employees to take a walk during their lunch break, adding healthier options to the office vending machines, or partnering with a gym for an exercise program, such as New Windsor State Bank has done. The Partnership's resource guide is available at their office at 535 Old Westminster Pike, Suite 102, in Westminster, or online at www.healthycarroll.org. Among its contents is a how-to guide to start a worksite wellness program.

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