Roundtable **HEALTH & WELLMESS Presentation**

Tuesday, March 12, 2019

Breakfast/Networking 7:30am Presentation 8am-10am

Coyle Free Library

Downtown Chambersburg 102 N. Main Street Chambersburg, PA

Employee Wellness Program Success Stories

VOLVO

Learn how Franklin County Government and Volvo Construction Equipment have started in-house wellness programs to help lower costs and keep employees healthy.

7:30 – 8am

Breakfast & Networking Connect with other businesses and professionals. A free continental breakfast, coffee, and juices will be provided.

8:00 – 10am

Introduction Speaker: Jamie Selman, Employer Relations Specialist for Summit Health @ Work

Franklin County Government's Story

Speaker: Sarah Hamel, Healthy Living Coordinator

Franklin County Government has created an in-house wellness program with a full-time wellness coordinator. The County offers a point-system based wellness program employees can join to receive a health insurance discount. The program includes activities such as health education sessions, blood pressure screenings, body composition testing, health challenges, biometric screenings, and more.

Volvo Construction Equipment's Story

Speakers: Courtney Group, Healthy Living Coordinator & Andrew Tees, Health & Safety Coordinator Volvo CE in Shippensburg, Pennsylvania a full-time health and safety coordinator, a wellness committee, and contracts with the Chambersburg YMCA to staff an on-site healthy living coordinator. Volvo offers great wellness perks such as an on-site gym, cafeteria with healthy dining options, an on-site clinic, and more.

Please be sure to register. Parking is available on-site at the Coyle Free Library. Overflow parking is across the street at King Street Church. Anyone in HR, safety, wellness, or leadership is strongly encouraged to attend.

Registration is required by Monday, March 11th at Noon. Register online <u>here</u>.



Questions?

Please contact Jamie Selman, Employer Relations Specialist at (717) 267-7928 or at jselman@summithealth.org



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