



HUM-023.....Employee and Family Wellness

Current Revision: 23.Mar.04

POLICY

A goal of the City is wellness among its employees and their families. The City supports staff and their families in making positive lifestyle choices and engaging in wellness initiatives.

GUIDELINES

The Lifestyles Committee is mandated to establish, promote, and administer a Wellness Program with the intent to:

- improves understanding of the benefits of physical activity and lifestyle choices at and outside of work;
- increase and/or sustain the physical activity level of all employees;
- provide education to employees making decisions regarding their own and their families' wellness; and
- present workplace wellness activities that are complementary to Health & Safety Regulations.

City Manager