



PRESS RELEASE

For Immediate Release:

Media Contact: Clarissa Howard 407-599-3428 or cell 407-948-2044

ORLANDO BUSINESS JOURNAL RECOGNIZES WINTER PARK AS ONE OF CENTRAL FLORIDA'S HEALTHIEST EMPLOYERS

WINTER PARK, Fla., an internationally recognized ICMA Excellence Award winner with accredited fire, police and parks & recreation agencies (November 18, 2011) – Today, the City of Winter Park was selected by the *Orlando Business Journal* as the winner of Central Florida's Healthiest Employers 2011 among organizations with 100-999 employees. This award highlights the city's ongoing efforts to encourage, sustain and increase the overall health of its employees. Companies were selected based on their policies and initiatives that help promote the health and well-being of their staff.

A committee of representatives from the health care, wellness, academic and business communities reviewed each survey submitted for this category. All of the wellness programs implemented by the city's Human Resources Division with the assistance of its Health Action Nurse Coach, Nancy Rudner Lugo, have leveraged the city to be selected for this healthy designation.

The city was recognized for strengthening its existing wellness program and integrating additional programs to its menu of healthy choices and resources. Below are examples of the many ways the city is encouraging its most valuable asset, its employees, to be healthy and stay healthy while on the job and at home:

- **Exercise classes:** yoga, jazzercise and taekwondo
- **Lunch & Learn programs:** stress management, how to be a caretaker, retirement planning, diet and weight, and how to be better organized
- **Health Action Nurse Coach:** one-on-one meetings and group classes to discuss medical test results, chronic diseases, diet, cancer, hypertension and how to implement change
- **Weight loss:** workplace Weight Watchers® program, Health Nurse Action Coach sessions, and lectures from other health providers
- **New prescription drug program:** offered through Aetna® making prescription medicine for chronic diseases more affordable
- **Annual health fair:** offers blood tests and blood pressure checks, health vendor information and the opportunity to update medical records
- **Produce vendor:** visits city offices with fresh fruits and vegetables
- **Active Employee Assistance Program:** offers free counseling, group sessions on various topics and financial or legal counseling as needed
- **Onsite massage:** provided for a minimal fee during employee breaks

“Although being selected as the winner of the *Orlando Business Journal's* Healthiest Employers 2011 in our category is quite an honor, the true reward is having a healthy and strong workforce,” said City Manager Randy Knight. “I extend the congratulations to our employees for doing their part in helping make the City of Winter Park one of Central Florida's Healthiest Employers.”

CITY OF WINTER PARK

401 Park Avenue South

Winter Park, Florida

32789-4386

COMMUNICATIONS DEPARTMENT

P 407.599.3343

F 407.599.3417