

News Release

For immediate release

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Panhandle Businesses Profit from Local Wellness Council

A local resource to area employers is gaining momentum, providing service to upwards of 50 organizations and reaching nearly 10,000 employees in the Panhandle region.

Panhandle Worksite Wellness Council is embarking on its fifth year of providing Panhandle businesses with tools, resources, and strategies for developing employee-driven worksite wellness plans. The council offers a number of services to area employers with the opportunity for organizations to “pick and choose” what fits their situation and employees best.

“People spend the majority of their time at work; we want to help make the healthy choice the easy choice,” said Jessica Davies, Panhandle Worksite Wellness Council Coordinator.

Council members receive access to:

- health risk appraisals and onsite health screenings
- training and networking opportunities
- employee health challenges
- guidance and tools for healthy eating environments, physical activity, breastfeeding supports, and tobacco-free facilities
- provide the National Diabetes Prevention Program to employees onsite.

Cabela’s Wellness Manager Lucas Schumacher said, “Panhandle Worksite Wellness Council has provided great support for our employee wellness program. The services and offerings really add to the betterment of our organization. Having this type of service in the Panhandle is definitely something that is a major asset to the region and provides opportunities that organizations would otherwise not be able to access.”

“Using the challenges and education offered by the council has given us tools to promote health and wellness in a cost effective and interactive way,” added Kendra Dean, Cirrus House Operations Manager.

Diana Lecher, Chadron Community Hospital Home Health and Hospice Director, noted their hospital has been working with the council since it began.

“The assistance from the council on this journey of wellness has led us to receive the Governor’s Wellness Award twice. The PWWC provides a one-stop wellness shop at a lower cost than larger wellness programs. We have attained better employee health with them on our team,” said Lecher.

“Our services provide a minimum of a 5:1 financial return-on-investment. Organizations are often surprised at how minimal membership dues are for what they tangibly receive in return,” touted

Davies. “Businesses interested in checking out the benefits of council membership can receive a discount for the remainder of 2015,” she added.

All Panhandle employers are encouraged to attend the annual Panhandle Safety and Wellness conference in partnership with the Nebraska Safety Council and Western Nebraska Community College on September 22, 2015 at the Gering Civic Center.

“We’re excited to welcome our motivational keynote speaker, former Husker Aaron Davis, as he energizes attendees with strategies to remain mentally tough in a competitive environment,” said Davies.

Participants will attend excellent sessions and can network with other professionals. Local businesses will also be honored with the Governor’s Wellness Award. Four HRCI credits will be awarded to attending HR professionals.

For additional information about worksite wellness, visit the website www.pphd.org/pwwc.html or call Davies at 308-487-3600 extension 101. The Panhandle Worksite Wellness Council is a division of Panhandle Public Health District in partnership with Scotts Bluff County Health Department.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.