**CITY/TOWN Employee Wellness Program**

The CITY/TOWN Wellness Program provides opportunities to help employees modify their lifestyles and move toward an optimal state of wellness. It can also produce organizational and employee benefits, such as lower healthcare costs, increased productivity, improved recruitment and retention, reduced absenteeism and enhanced employee engagement. The CITY/TOWN Wellness Program shall address the components of a healthy lifestyle including healthy eating, physical activity, tobacco and nicotine cessation and stress management.

Some examples of employee wellness programs include:

1. Health risk assessments
2. Walking and fitness challenges
3. On-site lunch and learns
4. Health food options during the day and at meetings
5. Organizing teams for charity walks
6. Sponsoring weight loss management programs
7. Smoking cessation programs
8. Nutrition counseling
9. Flu shot programs
10. Providing appropriate incentives to those who participate in the programs

There shall be a committee to oversee the Wellness Program. The Committee is responsible for management of the Wellness Program, including creating and overseeing all wellness initiatives. The Committee Chair shall be appointed by the CITY MANAGER/MAYOR. The Chair shall appoint at least four (4) CITY/TOWN employees from various departments to the Committee. All Committee initiatives that involve the expenditure of funds shall be subject to a request to the Finance Director to ensure appropriate funds have been budgeted and to the CITY MANAGER/MAYOR for approval.