

Healthy Workplaces Additional Information and Resources:

American Heart Association

“Fit Friendly” program and resources

- Includes information about the Start! Walking program as well as ways companies can become “Fit Friendly” certified.

<http://www.americanheart.org/presenter.jhtml?identifier=3053113>

American Cancer Society

Workplace Solutions

- Includes tips and information on planning healthy lunch meetings, communication tools for posting health message throughout the workplace, and employee health and wellness programs, including Active for Life, Choose to Change, Freshstart, and Quitline.

<http://www.acsworkplacesolutions.com/>

Wellness Council of America (WELCOA)

- Includes sample surveys that can be used to gauge employee attitudes and perceptions of wellness, reports and case studies that give insight into the challenges and ultimate benefits of implementing worksite wellness programs, and links to other important resources.

<http://www.welcoa.org/freeresources/>

Howard County General Hospital Wellness Center

- The HCGH Wellness Center provides outreach and education to the Howard County community. Located next to the hospital in the Columbia Medical Center, the Wellness Center offers a wide range of classes, screenings and fitness programs both in the Wellness Center and in community settings throughout the area. You can reach the Wellness Center at 410-740-7601.

<http://www.hcgh.org/content/ClassesAndEvents.htm>