COUNTY EMPLOYEE BENEFITS CONSORTIUM OF OHIO

2017 WELLNESS REPORT

ALLEN COUNTY

Accomplishments in 2017

- 141 employees and spouses completed the CEBCO Wellness Program.
- Offered Healthy Cooking Session at Civic Center to educate employees on how to cook healthier meals.
- Held a water challenge and the winning department received a healthy lunch.
- Hosted Fuel Your Days at various departments and provided fruit for healthy snacking.
- Provided chair massages for employees to help destress throughout the day.
- Held a Wellness Luncheon for employees.