

CHAMPAIGN COUNTY

Accomplishments in 2018

- Held two onsite health screenings for employees and spouses on the health plan.
- Offered monthly two day Diabetes classes.
- Hosted one Farmer's Market Lunch & Learn which was presented by two Dieticians.
- Promoted the "Water Works" Challenge through the Wellness Program.
- Held a "Speedy Feet" 4 miler and had 26 participants.
- Gave employees the opportunity to get a free 10 minute massage at three different locations.
- Hosted the Annual Health Fair with local vendors and door prizes. A healthy lunch was provided to attendees.
- Distributed "Take Control of Your Weight" handbooks.
- Offered a drawing for 30 minute massages; 46 members won.

