

# HURON COUNTY

## Accomplishments in 2018

- Offered three days of onsite health evaluations to give employees the chance to get their blood drawn.
- Provided three educational sessions revolving around sleep wellness, resistance training through an Interactive Health webinar, and a cooking demo.
- Hosted a 3-part series for a Lifestyle Management Program over “Job Stress” which was presented by Huron County’s HR Director and the Northern Regional Operations Manager of Family Life Counseling.
- Promoted a run in memory of Alexa Brown and the proceeds went to childhood cancer research.
- Participated in the Water Works Challenge to encourage employees to increase their water consumption.
- Offered Zumba and Chair Yoga classes to all the Huron County employees throughout the year.

