

LOGAN COUNTY

Accomplishments in 2018



- Conducted 3 onsite health screenings.
- Offered 3 interactive Lunch & Learns including: Healthy Lifestyles: Changing the Way You Think About Diet and Exercise, Managing Personal Finances, Sleep: An Essential Component of Health and Well-being.
- Promoted the “Live Healthy, Live Well,” wellness challenge sponsored by the OSU Extension.
- Promoted the Mary Rutan Hospital Weekly E-newsletter.
- Promoted the “Chill Out” online wellness challenge.
- Offered reimbursement of costs for Weight Watchers, Exercise and Fitness classes/gym memberships, and walking/running events.

