

MORROW COUNTY

Accomplishments in 2018

- Offered one offsite exercise/fitness program by contracting with the Community Center; classes were discounted for county employees.
- Held two onsite health screenings at different locations.
- Hosted three onsite educational sessions to include “Eating Mindfully While Handling Stress,” “Exercise and Stress Management,” and “Navigating the Grocery Store and Healthy Recipes.”
- Provided a Lunch & Learn in three sessions on “Exercise Movements that Can be Done at Work.”
- Conducted one Community Lifestyle Program called “Diabetes Self-Management Education Class” for four days at the hospital.
- Promoted healthy resources about smoking cessation, exercise, nutrition, stress management, preventive health screenings, and walking.
- Held one Community Event called “School’s Out for Summer—5K Walk/Run.”
- Participated in an Online Health Challenge called “Make Water Work for You.”
- Maintained smoke-free grounds throughout the county.
- Presented information about the Wellness Program at the County Christmas Luncheon.



Live.Life.Healthy

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