

SENECA COUNTY

Accomplishments in 2018

- Offered additional incentives for employees who received more than 600 points for the Wellness Program.
- Hosted several Lunch & Learns including: Chair Yoga, Office Ergonomics, Insurance Facts and Cost Savings and Added Incentives.
- Held yoga sessions for employees.
- Purchased standing desks, water coolers, and under desk bikes/elliptical to try to promote more health and wellness in the workplace.
- Handed out healthy snack baskets to all county departments.
- Distributed hand sanitizer to all departments.
- Sent out a “Fitness Friday” newsletter each week.
- Offered monthly massages which was paid for by each participant.



Seneca County
Wellness

