



For Immediate Release
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Contact: Bob Becker
Telephone: (712) 262-1971 ext 126

Employer and Employee Benefits of a Good Wellness Program and Physical Fitness Regimen

SPENCER, IOWA - The Lakes Area Employers' Council (ECI) will be meeting on Wednesday, January 21, 2009 from 11:30 a.m. to 1:00 p.m. at Spencer Family YMCA, 1001 11th Ave. West, Spencer, Iowa 51301. All employers, human resource personnel, accounting, payroll, and other staff members are invited to attend. Featured speakers will be Lois Stillman, Health Promotion and Disease prevention Coordinator, Spencer Hospital Community Health Services and Megan Whitaker, Senior Program Director, Spencer Family YMCA. There will be an on-site tour of the Dvergstien Child Care Center domiciled at the Spencer Family YMCA. There will be drawings for free door prizes. A free wellness lunch will be provided courtesy of Cadre Teleservices. Topics to be covered:

"Employer and Employee Benefits of a Good Wellness Program and Physical Fitness Regimen"

Employer Benefits:

- Physically fit employees are more productive
- Less Employee absenteeism due to better personal health
- Group health insurance premiums are lowered by a healthier population pool
- Employees can live and work longer

Employee Benefits:

- Healthier employees are happier
- Personal fitness and health improvement
- Stress relief from living a healthier lifestyle
- The sound body, sound mind concept

Questions will be entertained by Lois Stillman and Megan Whitaker.

Pre-registration is requested by Friday, January 16, 2009 to Bob Becker, 712-262-1971 ext.126 or Robert.Becker@iwd.iowa.gov. A free nutritional lunch will be provided courtesy of Cadre Teleservices. You must preregister to attend. Registration will be limited to the first 35 applicants. A certificate of attendance will be provided to attendees for recertification purposes.

The Lakes Area Employers' Council is a local employer group supported by Iowa Workforce Development Region 3 and 4, and is part of the statewide Employers' Council of Iowa system. This employer's group addresses workforce issues, and provides both educational and networking opportunities for employers and human resource professionals. Contact Bob Becker at Robert.Becker@iwd.iowa.gov if you have questions about this training session or about the Lakes Area Employers' Council.

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An Equal Opportunity Employer/Program

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