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Issue 1

Adirondack Regional Chamber of Commerce
Workplace Health & Wellness Council

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WELLNESS WORKS

Welcome to the Adirondack Regional Chamber of Commerce Workplace Health & Wellness Council's newsletter. The Council is committed to developing and sustaining a culture of wellness in the business community. The ARCC is amidst its five year partnership with Glens Falls Hospital's Creating Healthy Places to Live, Work & Play Worksite Wellness program. The Council was recently created and will work to increase awareness of employee health and wellness among businesses and the community- at- large.

[Learn more about the Council](#)

TO READ

Genpak®
Taking the first steps on our wellness journey

Genpak's Wellness journey began unexpectedly. We knew we should be doing something, but we had no map to show us what or how. So we took the obvious path first: physical wellness. We offered a 12-week Weight Watchers @ Work program in the early part of 2012. Genpak paid the enrollment fee for employees, and we had

over 20 participants (in our corporate office of just over 60 people). There were multiple success stories. There was the employee who

dropped enough weight and improved her physical condition enough to drop her blood pressure meds. There were countless others who had battled weight

issues on and off and finally felt like they had the knowledge to get a handle on them. And there was camaraderie. Sure, we all had worked together every day before that program started, but once we all were driving toward more common issues and personal goals, then we truly were connected.

[Click here to read the rest of Genpak's journey](#)

**TO KNOW**

ARCC's Workplace Health & Wellness Council Event

The Council is convening a **panel event** of business leaders who will share some insight into their organizations' internal workplace wellness efforts. The goal of this event is to increase awareness of why leaders integrate employee wellness into their business strategies and how they go about planning and implementation. A moderator will be facilitating the discussion on topics such as organizational commitment, policies, programs, and environmental supports for promoting employee health.

Please join us on **Thursday, November 6th** in the Multi-Purpose Room in the **new Residence Hall at the SUNY Adirondack** campus in Queensbury. The program will start at 8:15am and is expected to conclude by 10am. Registration and light, healthy refreshments - provided by [Capital Financial Group](#) - will be available beginning at 7:45am.



Click [here](#) to register and reserve your space at this event. Please call the Chamber at 518-798-1761 if you have any questions or require special accommodations to participate in this event.

TO DO

Consider hosting a flu vaccine clinic at your worksite

Offering an on-site program adds a convenient option for employees and acts as a reminder and motivator. Health insurance companies may provide flu clinics for little to no out of pocket costs to your employees. Local pharmacies and grocery stores may also provide worksite flu clinics.

If you feel you don't have the staff or the space to accommodate a worksite flu clinic, consider providing an hour or two of paid time off for employees to get vaccinated. By helping employees fight the flu, you can help your organization's bottom line!

[CDC's Information for Businesses and Employers](#)
[Warren County Public Health Flu Information](#)



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