

# WELLNESS WORKS

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## Upcoming Health Events

[Click here for a searchable schedule of community health & wellness events.](#)

**Glens Falls  
Region.com**

## Helpful Links

[Glens Falls YMCA](#)

[Warren County Public Health](#)

[Washington County Public Health](#)

[CDC](#)

[New York State Department of Health](#)

[Hudson Headwaters Health Network](#)



Adirondack Regional Chamber of Commerce

**Workplace Health & Wellness Council**

The ARCC's Workplace Health & Wellness Council is committed to developing and sustaining a culture of wellness in the business community.

Recently, the Council worked to refocus the steering committee and the entire Council. The entire Council will consist of any business interested in relevant workplace wellness initiatives. Please let us [know](#) if you would like to be added to our targeted communications list and/or how to learn more about being involved!

## TO READ

For the past five years, the Creating Healthy Places To Live, Work & Play-Worksite Wellness initiative of the Health Promotion Center of Glens Falls Hospital has assisted businesses in Warren County with establishing sustainable policies, environments, and activities that promote healthy eating, increased physical activity, lactation support, and use of preventive health programs. Glens Falls Hospital was one of the five Worksite contractors funded through a grant from New York State Department of Health.



The Health Promotion Center partnered with [13 businesses](#) in Warren County with fewer than 1,000 employees to help advance comprehensive workplace wellness programs through the Creating Healthy Places Worksite Wellness initiative. We would like to take this opportunity to recognize and thank our worksite partners for their time, effort, and commitment to employee health and wellness.

## TO KNOW

To be featured here in one of our upcoming quarterly newsletters please contact The Chamber.

## Monthly presentations

Recently, the Council started offering organizations the opportunity to share more about what they do relevant to workplace wellness at our monthly meetings.

Last month's presentation was given by:

[Adirondack Wellness Group](#).



Highlight the overall wellness of your business by [joining](#) over 80 other regional businesses in our annual Fall showcase. This re-structured unique show will feature 8' x 10' booth areas with tabletop displays for easy set-up and tear-down, an atmosphere for productive networking, door prizes, cash bar, complimentary food & drink samples from local restaurants and bars, and much more.

Additionally, the Chamber's Workplace Health & Wellness Council is committed to developing and sustaining a culture of wellness in the business community and this year we will integrate businesses focused on wellness throughout the show.

Companies who choose to be highlighted in our Health Tip Challenge will have an additional opportunity to share a wellness tip or other information to all attendees.

This is a must attend event for any business looking to increase awareness in the community!

## TO DO



Integrate Health Protection and Health Promotion with Total Worker Health.

[Total Worker Health](#) integrates occupational safety and health protection with workplace policies, programs and practices that promote health and prevent disease to advance worker safety, health and well-being.

Today, emerging evidence recognizes that both work-related factors and health factors beyond the workplace jointly contribute to many safety and health problems that confront today's workers and their families. Traditionally, workplace safety and health programs have been compartmentalized. Health protection programs have focused squarely on safety, reducing worker exposures to risk factors arising in the work environment itself. And most workplace health promotion programs have focused exclusively on lifestyle factors off-the-job that place workers at risk. A growing body of science supports the effectiveness of combining these efforts through workplace interventions that integrate health protection and health promotion programs. Learn more about program details [here](#).