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Learn about worksite wellness tools and resources

Organizations looking for ways to reduce costs and have healthier and more productive employees are invited to learn about how to implement worksite wellness programs on a budget. "Worksite Wellness: Tools and Resources that Work" is the topic of the next seminar sponsored by the Sarasota County Wellness Coalition. The presentation, led by Jennifer Robertson, M.S., exercise science and health promotion specialist, will take place on Wednesday, June 17 from 8:30 to 10 a.m. at the Sarasota County School District Administration Center, 1960 Landings Boulevard (blue awning building) in Room 221 in Sarasota. Ms. Robertson will address the benefits of worksite wellness programs. She will also highlight "best practice" programs locally and across the nation. The cost considerations for small and larger businesses embarking on wellness programs will also be discussed.

Join us to learn more about what your community is doing to prevent obesity and ways you can get involved. The Sarasota County Wellness Coalition is working through partnerships to create a healthier community. The Coalition sponsors free and low-cost education sessions on a range of obesity prevention topics. Member organizations of the coalition include: Sarasota County Health Department, Sarasota County Parks and Recreation, Sarasota County Extension Family Nutrition Program, Venice Regional Medical Center, Sarasota County Schools, Gulfcoast South Area Health Education Center, and South County Family YMCA.

The Gulfcoast South Area Health Education Center (AHEC) will provide continuing education credit for licensed nurses, and mental health professionals who attend the seminar. They also have applied for credits through the Commission of Dietetic Registration.

For more information or to register for the seminar, contact Ansley Mora at 941-361-6602 or via e-mail at amora@health.usf.edu. Visit The Sarasota County Wellness Coalition's web site at www.sarasotawellness.org.

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