



Municipality "Shout Out"

**Corbin
City**

**Congratulations to Fund Commissioner,
Carol Foster for encouraging employees to
be active by organizing an ongoing
walking program**

Here is what they did... Last year, wellness money was used to offer employees the opportunity to have "wellness cash" to purchase a wellness item of their choice. This year those purchased wellness items were put to use for a monthly step (walking) challenge. Each month employees had a step goal to meet. If this was achieved employees were eligible to be in a drawing for gift cards. As the months have gone by, the minimum required steps has increased. Employees who are unable to walk were given stretches to be completed weekly.

If your municipality deserves a "Shout Out" for a completed wellness activity, please contact me so it can be recognized and shared. Contact information is below.

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