



Municipality "Shout Out"

Sea
Isle City

Congratulations to Carol Pittaluga, who is the wellness coordinator at Sea Isle City. She has created a culture of wellness by creating and sending out a wellness newsletter, passing on health tips, and helping to plan a year of wellness for Sea Isle City.

Here is what they are doing.... Carol, volunteered to be the leader for the Sea Isle City Wellness Committee a few months ago, and even before taking on the position officially she was sharing wellness with the staff. Carol, sends out a wellness newsletter, emails health tips, teaches a yoga class on a weekly basis. In addition, she printed out the JIF stretches to the various departments. Along with the wellness committee, the entire year has been planned with wellness activity, she also incorporates wellness into the monthly wellness meetings by leading a progressive relaxation session prior to the meeting. Congratulations, to Kelli Seib, Fund Commissioner on putting together a great wellness team and leader!

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.