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# Workplace Wellness Best Practices

(Insert Town Name) recognizes our ability to achieve our objectives successfully depends on the wellbeing of our employees. We acknowledge that the key elements of workplace wellness include the physical and cultural environments as well as the policies, practices and procedures that guide our work.

(Insert Town Name) will provide a healthy workplace that values and enhances the health and wellbeing of all employees by implementing our workplace wellness program. This wellness policy provides the foundation for developing activities and modifying work environments and practices to support the health and wellbeing of all our employees. Positive benefits are also likely to extend beyond employees to positively impact families and the community as well.

(Insert Town Name) can choose to enhance its workplace wellness in a number of ways including (but not limited) by:

- Encouraging and supporting a workplace wellness committee, where appropriate
- Creating and supporting a workplace wellness program
- Consulting with employees to ensure workplace wellness strategies meet the needs of the workforce
- Supporting employee participation in wellness activities
- Supporting employees to adopt and maintain healthy behaviors and reduce unhealthy behaviors.

Senior management of (insert town name) will do all they can to enhance the wellness of employees by providing workplace environments and systems that are supportive of employee wellness. In addition, providing opportunity for employees to participate in offered wellness activities is critical for the success of such a wellness program. Contributing ideas and expertise to the work of the wellness committee or wellness coordinator will ensure the needs of the employees are addressed.

Employees of (insert town name) will be encouraged to contribute ideas and voluntarily participate in the wellness program.

The workplace wellness committee or wellness representatives in conjunction with management and JIF Wellness Director will review the policy annually or as otherwise deemed appropriate by management.

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