

City of Cleveland Employee Health & Wellness Program Policy

Health challenges are on the rise, particularly obesity, diabetes, and heart disease, three of the most prevalent health concerns in rural Georgia. The City of Cleveland is committed to the health and well-being of our employees. We are committed to equipping our workforce with the tools, resources, and programs necessary to achieve optimal health and improve their overall quality of life.

The city recognizes that employee wellness programs provide benefits not only to employees, but also to the organization, and to the community. Healthier employees are more productive, have lower absenteeism, and contribute to a more positive and engaged workplace culture.

Our Employee Health & Wellness Program is designed to equip staff with the resources, tools, and support needed to make lasting, positive lifestyle changes. Through this program, we aim to improve both physical and emotional health, while fostering a work environment that encourages healthy living.

PROGRAM GOALS:

- Provide access to mental, physical, and preventative health resources and activities
- Promote awareness and education around healthy lifestyle habits
- Encourage participation in wellness activities that support long-term behavior change
- Foster a culture of support, motivation, and well-being across all departments

To Achieve These Goals, the City of Cleveland Will:

- Implement regular health screenings and wellness checks
- Host educational workshops and health seminars
- Provide access to mental health resources and stress management tools
- Launch physical activity challenges and group fitness opportunities
- Support initiatives for healthy eating, including nutrition tips and healthy snack options

Encourage employee involvement in local health campaigns and Program Goals:

- Provide access to mental, physical, and preventative health resources and activities
- Promote awareness and education around healthy lifestyle habits
- Encourage participation in wellness activities that support long-term behavior change
- Foster a culture of support, motivation, and well-being across all departments
- Encourage employee involvement in local health campaigns and charity initiatives
- Offer incentives and recognition for participation in wellness activities

As part of the City of Cleveland's ongoing commitment to employee wellness, a Health Wellness Champion has been designated, and a Wellness Committee has been formed.

This dedicated team will work together to develop and implement innovative, engaging, and inclusive wellness programs that promote healthy living and foster a positive, enjoyable work environment.

Approved this _____ day of _____, _____.

Josh Turner

Mayor

Jeremy McClure

Council Member
District 3

Nan Bowen

Council Member
District 1

C.J. McDonald

Council Member
District 4

ATTEST:

Annie Sutton

Council Member
District 2
Mayor Pro Tem

Lisa A. Ritchie

City Clerk