

FY23 WELLNESS YEAR-END RECAP!

Our mission is to enhance the well-being of all City employees through engaging events, educational opportunities, and supportive measures. We aim to empower and inspire employees to make positive lifestyle choices.



EMPLOYEE WELLNESS FAIR

The Wellness Fair was our biggest event of the year. With around 80 employees in attendance, the event consisted of:

- Wellness activities, Free massages, Free Food
- Covid-19 Booster Shots, Flu vaccines, and access to multiple vendors (Cigna, Delta Dental, Vermont Panurgy, FFL, BPRW, CATMA, INVEST EAP, etc.).



PHYSICAL WELLNESS

- Three Fitness Challenges - 209 employees participated.
- Stepping Strong Walking Challenge - City employees help raise funds for Trauma Survivors.
- Unlimited Free Yoga @ Sangha Studios - 987 Visits
- Onsite Gym Fitness Equipment Upgrades
- Two Bike Tune-Up Days - 32 bikes serviced
- Onsite Chiropractic Care



EMOTIONAL WELLNESS & MENTAL HEALTH

- Offered Multiple Wellness Webinars
- Youth Mental Health Well-Being Seminar
- Mental Health Toolkit - Thanks to UnitedWay
- Unlimited Free Yoga @ Sangha Studios - 987 Visits
- Free Onsite Massages
- Invest Employee Assistance Program



FINANCIAL WELLNESS

- MotivateMe Wellness Bonus Program - up to \$400 annually for eligible employees.
- Free Financial Seminars - various topics and 1:1 sessions.
- Employee Discounted FitBit Store - 100 devices purchased.
- Discounted Bike Helmets
- Discounted Beach Parking Passes



SOCIAL WELLNESS

- Fall Wellness Fair Event
- Highlight New Years Event - 202 tickets purchased for employees
- Vermont Corporate Cup Challenge - specials thanks to the HR Director, Kerin Durfee
- Fitness Challenges



OTHER INITIATIVES

- Preventative Care Home Mailer Campaigns
- Funded REIB Community Library
- Raffle prizes paired with Fitness Challenges.
- Raised 60 pounds of food for the Chittenden Emergency Food Shelf.
- Sent out COB Employee Wellness Survey



Special Thanks to the People Behind the Positive Impact:

- Jessie Anderson - HR
- Orieta Glozheni - HR
- Timothy Clancy - HR
- Lynn Reagan - HR
- Margaret Williams - CEDO
- Katie Dorey - BED
- Julia Chalmers - BWD
- Gina Gulia & Kathleen Lanphear - BFD
- Marie Friedman & Jill Waite - BTV
- Sarah Trieb & Anna Wageling - BPD
- Michelle Lee & Nora Kane - FFL
- Kurt Hawkins - BPRW
- Sydney VanTassel - REIB
- Leonard Durcharme - DPW

