

# FY24 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 annual Wellness Fair was our biggest event of the year. With around 115 employees in attendance, the event consisted of:

- Wellness activities, goodie bags, massages, food, etc.
- COVID-19 booster shots, flu vaccines, and access to multiple vendors: Cigna, Delta Dental, Vermont Panurgy, FFL, BPRW, BED, CATMA, INVEST EAP, MissionSquare Retirement, and Epic Wellness.



## PHYSICAL WELLNESS

- Four Fitness Challenges - 290 employees participated.
- Offered Weekly On-Site Yoga Classes
- On-site Gym Fitness Equipment Upgrades
- No Diet Dietician - provided nutrition services to employees
- Two Bike Tune-Up Days - 32 bikes serviced
- On-site Chiropractic Care at six City locations
- Two Women's Self-Defense Workshops Offered
- Partnered with DPW to bring our first Mamava Pod to the City.



## EMOTIONAL WELLNESS & MENTAL HEALTH

- Offered Multiple Wellness Webinars
- United Way Working Bridges Program
- Mental Health Toolkit - Thanks to UnitedWay
- Free Yoga @ Sangha Studios - 2047 Visits from 100 employees
- Free Onsite Massages at nine City locations
- Invest EAP Program
- Employee Trauma-Informed Wellness Training



## FINANCIAL WELLNESS

- MotivateMe Wellness Bonus Program - up to \$400 annually for eligible employees.
- Prudential Financial Seminars - various topics and 1:1 sessions.
- Employee Discounted FitBit Store - 50 devices purchased.
- Discounted Bike Helmets
- Discounted Beach Parking Passes
- Funded Department Specific Wellness Initiatives & Equipment



## SOCIAL WELLNESS

- Highlight New Year Event - 235 tickets purchased
- Annual Wellness Fair Event - 115 employees attended
- Employee Skate Day & Vermont Corporate Cup Challenge
- Lake Champlain Dragon Boat Festival
- We launched the Recognize and Elevate Wellness Newsletter to highlight employee wellness stories and share resources.
- We awarded Margaret Williams the first wellness "Making a Difference" award for her years of service.

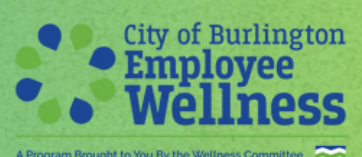


## OTHER INITIATIVES

- Preventative Care Home Mailer Campaigns
- Raffle prizes paired with Fitness Challenges
- Annual COB Employee Wellness Survey - 132 Responses
- Developed new partnerships with local gyms and businesses and introduced new discounts for City employees.
- 2023 Gold Cigna Workplace Wellness Designation Award
- 2024 Gold Governor's Excellence in Worksite Wellness Award

## Special Thanks to our Wellness Committee Members

- Jessie Anderson - Chair, HR
- Orieta Glozheni - HR
- Timothy Clancy - HR
- Timothy Williams - HR
- Lynn Reagan - HR
- Meaghan Diffenderfer - HR
- Margaret Williams - CEDO
- Katie Dorey - BED
- Gina Gulia & Kathleen Lanphear - BFD
- Marie Friedman & Jill Waite - BTW
- Sarah Trieb & Anna Wageling - BPD
- Michelle Lee - FFL
- Kurt Hawkins - BPRW
- Kristen Kaichen - City Attorney Office
- Paula Barry, Dora Bean, Jackie Esperti & Colby Delaire - DPW



# THE JOY GALLERY

