



**FOR IMMEDIATE RELEASE**

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### **Lakeland Chamber of Commerce Friday Forum: Worksite Health & Wellness**

May is Employee Health and Fitness Month! This observance recognizes and celebrates workplace health promotion activities that allow employees to live healthy lives and make healthy choices. In celebration of Employee Health and Fitness Month, Tobacco Free Polk is sponsoring the Lakeland Chamber of Commerce Friday Forum on Worksite Health & Wellness on June 9, from 7:00 – 10:00am at Polk State College. Polk Vision's Building a Healthier Polk Worksite Wellness Team and Polk Wellness Professionals have partnered with Tobacco Free Polk to provide a presentation on worksite health and wellness for the Friday Forum. "While the Lakeland Chamber of Commerce is committed to creating a climate where business can prosper, we also want our local employees to prosper—physically, mentally, and emotionally. That's why we're excited about an event dedicated to worksite wellness" says Sarah Breed, Director of Initiatives for the Chamber.

At the Forum, the audience will hear from Dr. Joy Jackson, Director of the Florida Department of Health in Polk County. "Because we all spend so much time in the workplace, worksite wellness programs are crucial in improving the health of adults in Polk County. We are thrilled that the Lakeland Chamber of Commerce is helping to promote the importance of these initiatives," says Dr. Jackson. Also speaking will be Juli Davis, Tobacco Policy Manager with Tobacco Free Florida and the Florida Department of Health in Polk County, on the importance of having a smoke-free workplace, as well as leadership from the Worksite Wellness Team and Polk Wellness Professionals on worksite wellness programs and the CDC Worksite Health ScoreCard. Immediately following the Forum will be a health fair where attendees can visit vendor tables to learn more about services in the community.

The Polk Vision's Building a Healthier Polk Worksite Wellness Team is currently working to assist local businesses with the development and enhancement of worksite wellness programming through the promotion of the CDC Worksite Health ScoreCard. The CDC Worksite Health ScoreCard is a free self-assessment tool that businesses can use to evaluate their current wellness programming, identify gaps, and plan for improvements. The ScoreCard consists of 125 questions on health topics such as nutrition, physical activity, stress management, tobacco control, and several others. Upon completing all questions, an overall score and scores for each health topic are calculated. The Worksite Wellness Team is encouraging local businesses to complete the CDC ScoreCard in order to gather baseline data on worksite wellness programs throughout the county. Team members are available to consult with local businesses who have completed the CDC ScoreCard to help review their scores and develop a workplan with action steps to improve their wellness programs.

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If you are interested in completing the CDC ScoreCard and consulting with the Worksite Wellness Team, please visit <https://www.cdc.gov/workplacehealthpromotion/index.html> to access the ScoreCard, and contact the team chairs, Kelly Andrews and Schatzie Haines, at [kandrews@flsouthern.edu](mailto:kandrews@flsouthern.edu) and [schatzie.haines@lanierupshaw.com](mailto:schatzie.haines@lanierupshaw.com)

For more information on the Lakeland Chamber of Commerce Friday Forum: Worksite Health & Wellness, please contact Sarah Breed at [sbreed@lakelandchamber.com](mailto:sbreed@lakelandchamber.com)

To register as a guest or as a vendor for the Lakeland Chamber of Commerce Friday Forum, please visit <http://business.lakelandchamber.com/events/details/friday-forum-worksite-health-wellness-5043>