

Wellness Activities

Radon Gas Awareness

The fight against Cancer

- All Associate meeting covered how Radon is the second leading cause of Lung Cancer, second only to smoking .
- Presented what Radon is and where it comes from .
- Passed out 50 test kits for associates to use at home.

Wellness Activities

- Health Fair
- Walk to Johnson City
- Biking to Boston
- Marvin Fun Walk
- Lunch and Learns
- Maintain Your Weight
- Blood pressure clinic



Wellness 2008

- Maintain your Weight
- Lunch and Learns
(diabetes, stress, hypertension)
- Lose Weight and Relay
Fund Gains
- Marvin Fun Walk and 5K
- Pedal to Phoenix
- Walk to the Smoky
Mountains



Maintain Your Weight Winners –
“The Chip n Dips”

Wellness 2008

- Walking Track (Spring 08)
- Annual Health Fair
- Why healthy choices are important to me?
- Walk to the Arch in St. Louis
- Additional Radon test kits



The Walking Track is under construction.

Wellness Council of America

- Wellness Recognition
 - Gold Award Winner 2008
 - Self Evaluation used to determine improvement opportunities.
 - Reapply after 3 years



American Cancer Society

- Relay for Life Fundraiser
- Last five years \$125,613
- So far this year \$23,793

- Radon is a preventable cause of cancer