

NEWS RELEASE

For Immediate Release

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Klawock School, ARMC honored for employee wellness

KLAWOCK, Feb. 20, 2008 — The Prince of Wales (POW) Employee Wellness Coalition has honored the Klawock School and the SEARHC Alicia Roberts Medical Center, who will share the Well Workplace of the Month Award for January. The award recognizes a local organization's efforts in promoting employee wellness within its workplace.

Klawock School and the Alicia Roberts Medical Center (ARMC) were honored for their collaboration in a new employee wellness program. Klawock School Principal Doc Spink said many of his employees receive Health Risk Assessments during the SEARHC-sponsored Klawock Wellness Fair, and they use this important health information to make lifestyle decisions. School employees are encouraging each other and sharing information, and all planning meetings now feature nutritious foods and emphasize healthy eating. Many school employees also are avid runners or walkers, Spink said, and that sets a great example for other employees and students.

"Klawock School employees have become very aware of personal wellness and fitness during the past few years," Spink said. "SEARHC and Klawock School are forming a fitness room to provide employees the opportunity to exercise and seek a more fit and healthy lifestyle. This partnership brings together two organizations that can work together toward setting a standard for a successful well workplace."

"ARMC is committed to improving the health status of employees, their families and their community," ARMC Acting Administrator Melody Price-Yonts said. "The ARMC Employee Wellness Team is extremely proactive helping employees make healthier lifestyle choices, and the team is excited to collaborate with the Klawock School in its wellness initiatives."

The POW Employee Wellness Coalition is a community-wide organization promoting workplace wellness on Prince of Wales Island. The coalition was created as a follow-up to the "Working Well on POW" training that took place in June 2007, and its member organizations are local business, tribal, governmental and non-profit entities. Monthly meetings are free and open to the public, including organizations that weren't able to participate in Working Well on POW. The coalition is co-sponsored by the SouthEast Alaska Regional Health Consortium (SEARHC) and the SEARHC Steps to a Healthier SE Alaska program.

For more information on the POW Employee Wellness Coalition, contact Community Wellness Advocate June May of the SEARHC Alicia Roberts Medical Center at 755-4959.

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