



PRESS RELEASE

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The Adirondack Regional Chamber of Commerce and Glens Falls Hospital Announce Worksite Wellness Initiative in Warren County

FOR IMMEDIATE RELEASE

GLENS FALLS, NY (06/10/2011) — The Adirondack Regional Chamber of Commerce (ARCC) and the Health Promotion Center of Glens Falls Hospital (GFH) are pleased to announce an initiative to encourage worksite wellness in Warren County. The initiative is part of the *Creating Healthy Places to Live, Work and Play* program, which is funded through a grant from the New York State Department of Health and is intended to help employers to:

1. *Establish workplace policies, environments, and activities that have a positive impact on nutrition and physical activity.*
2. *Promote healthy eating, increased physical activity, and use of preventive health programs.*
3. *Reduce the risk factors for obesity and chronic diseases that may significantly influence healthcare costs for both workers and employers.*

“According to a number of resources, preventing disease, improving physical activity and nutrition, and developing a culture of wellness in the workplace may lead to increased employee satisfaction and productivity, as well as a reduction in long term healthcare costs associated with type 2 diabetes, obesity, and cardiovascular disease,” reported Erin Krivitski, PsyD, Program Coordinator at the Health Promotion Center of GFH.

“As the voice of business for the region, it’s a natural and appropriate fit for the Chamber to help lead the charge to encourage area businesses to create healthier work environments,” said ARCC President and CEO Peter Aust. “We recognize that cultivating wellness in the workplace can yield a significant return on investment for businesses, because healthy employees equal more satisfied and productive employees.”

ARCC and the Health Promotion Center of GFH are co-hosting an informational breakfast Thursday, June 16, 2011, to provide an opportunity for business leaders to learn about program goals and features and to encourage them to participate in this initiative which is focused on supporting employee access to and adoption of healthier habits in the workplace.

If you are interested in developing a healthier environment at your workplace, please contact Erin Krivitski, PsyD, Program Coordinator for the Creating Healthy Places to Live, Work and Play Worksite Wellness Initiative at the Health Promotion Center of Glens Falls Hospital at 518-926-5919.

Glens Falls Hospital is a 410-bed, not-for-profit, community hospital serving a six-county region of Northeastern New York. With more than 2,900 employees, it is the largest healthcare provider between Albany and Montreal, offering inpatient and outpatient care, including emergency care, medicine/surgery, obstetrics, coronary care, cancer care, physical and occupational rehabilitation, and community services at 29 regional locations.

The Adirondack Regional Chamber of Commerce (ARCC) is a not-for-profit, member-based business organization. The Chamber is a vigorous advocate for the economic success of its 1,000 member businesses, representing in excess of 23,000 people predominantly in Warren, Washington and Northern Saratoga Counties in New York State. ARCC is dedicated to creating economic opportunity and enhancing the quality of life throughout the Adirondack Region.

- www.glensfallshospital.org -

- www.adirondackchamber.org -