



Department of Health
Agency of Human Services



Worksite Wellness Conference to Honor Vermont's Healthiest Workplaces

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BURLINGTON – Chef cooking demonstrations, a 12-week nutrition class, a weight-loss challenge, a farm share, and health club reimbursement are not programs usually associated with financial institutions.

Heritage Family Credit Union in Rutland is different, and their systematic approach to employee health and fitness has earned them a Gold Award at the Vermont Worksite Wellness Conference on March 28 (8 a.m. to 4 p.m.) at the Sheraton Hotel & Conference Center in Burlington.

“We have steadily built upon, during the last four years, the concept of employee wellness, and all of our programs are offered free,” said Peggy Lucci, assistant vice president of organizational development and training for the credit union. “We have eight branches and employee participation has been excellent.”

Governor Peter Shumlin, Health Commissioner Harry Chen, MD, and the Vermont Governor's Council on Physical Fitness and Sports will present awards to 79 employers. The full-day conference provides an opportunity to showcase best practice in worksite wellness, with panel presentations, exhibits, fitness breaks, and workshops designed to give employers new ideas.

“The diversity of the worksite wellness winners clearly shows how seriously Vermont employers are about promoting health and wellness,” Dr. Chen said. “A power company, banks, a supermarket, manufacturers, insurance providers and a ski area are among the winners this year. These worksites are creating a culture that supports wellness, which in turn creates healthier employees. This is one reason Vermont is ranked among the healthiest states in the nation each year.”

A full list of worksite wellness winners is posted online at healthvermont.gov. You can also follow us on [Twitter](#) and join us on [Facebook](#) for health information and alerts.

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