

WHAT DOES S.H.A.P.E OFFER YOU?



- Quarterly Newsletter
- Annual Employee/Family 5K
- Access to four fitness areas
- Walking paths and trails
- Department challenges and events
- Co-worker support
- Lunch and learn wellness sessions
- Environmental changes



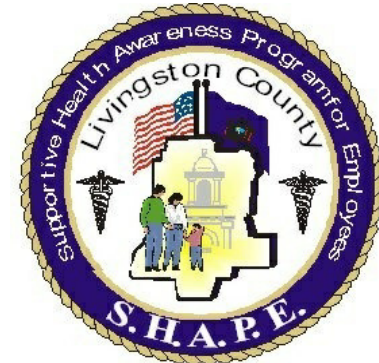
**Want to get more
involved?**

Find out more by emailing:

Shape@co.livingston.ny.us

LIVINGSTON COUNTY S.H.A.P.E.

Supportive Health Awareness
Program for Employees



**“The first wealth is
health”**

Ralph Waldo Emerson

WORKPLACE WELLNESS IS VITAL

Livingston County values the well-being of each individual (current and former) employee and their families. The Supportive Health Awareness Program for Employees (SHAPE) program is committed to make personal choices that promote optimal health and also create a culture of total wellness among themselves and their families.

GOALS:

- Improve the health and well-being of all county employees and ultimately their families.
- Sustain a comprehensive workplace wellness program for county employees.

EMPLOYEES WHO ARE HEALTHY MAKE YOUR WORKPLACE HAPPY



WHAT IS THE S.H.A.P.E HEALTH MODEL?

