

NEWS RELEASE

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Employees are “Getting Well” with New Avenues new Wellness Program

FOR IMMEDIATE RELEASE

CLEVELAND, OH, October, 2011 – Employees of New Avenues are getting fit and trim on the new Wellness Program that was recently instituted. Dennis Koharik, Human Resources Manager, and an employee-based committee of 12 are the developers of the program. “We are dedicated to developing programs and activities that assist employees in meeting their health and wellness goals.”

A monthly Wellness Newsletter filled with interesting health articles kicked off the program. Next came the biweekly Wellness Tip Sheet. Then this summer a Team Walk Competition attracted 15 teams from across the agency with 99 participants, with creative names such as: The Suits and Country Girls with Sneakers and Dave.

A Weight Loss Program with 20 participants launched in August. This Weight Watchers "At Work" program meets weekly and both New Avenues and Medical Mutual are assisting in covering the costs of this program. A Healthy Lunch Shop just opened in October and was well received by employees. Plans are underway for a Group Exercise Program. The 12-member committee has created much momentum and is preparing for the 2012 Wellness Program. Sub committees are actively addressing the design of the 2012 Wellness Plan, programs to recognize individual participation and measuring program results.

New Avenues management understands that wellness is more than physical health, exercise and nutrition. “It is the full integration of states of physical, mental and spiritual well-being,” states Tom Lewins, Executive Director. “People that are balanced in their body, mind and spirit make for happier, more productive employees.” Bruce Sherman, New Avenues Board President, is advisor to the committee.

For more information about the Wellness Program, contact Dennis Koharik, Human Resources Director, 216-481-1909, ext. 254, dkoharik@newavenues.net.

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About New Avenues to Independence

New Avenues to Independence, Inc., is an organization that proudly provides support services, programs and opportunities for people with disabilities to become more independent and productive members of the community. For more information, contact Karen Knavel, 216-481-1909 ext. 224, kknavel@newavenues.net, www.newavenues.net.