

Worksite of the Month: April 2008

Southern Highlands Community Mental Health Center (Mercer County)

Southern Highlands has been in the pathways program since 2003. The worksite coordinator and administrator are motivational in making sure everyone is aware of the advantages the pathways program has to offer. The entire staff supports the program and doubled their health screen participation in 2007. They have established a wellness committee to continually run behavior change programs for the entire year. During the holidays they participated in Weigh to Go and lost over 50 pounds. Southern Highlands makes the pathways to wellness program part of their working routine by demonstrating healthy living all year.

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