



Worksite of the Month: April 2011

Welch Community Hospital - McDowell County

Welch Community Hospital makes the Pathways to Wellness Program part of their working routine by demonstrating healthy living all year long. The worksite coordinator, Ruth Brown, is instrumental in making sure everyone is aware of all the advantages the Pathways program has to offer. Welch Community Hospital has been successful in keeping their employees healthy by not only having a successful health screening but participating in lifestyle change programs like the *Chug-a-Jug* program to motivate them to drink more water. They are now participating in the *WV Work It Out* program that allows them to have fitness assessments and have weekly aerobic classes so at the end they can obtain their goal.

Keep up the great work!

