



## Worksite of the Month: August 2011

### WV DHHR - Bureau for Medical Services

Lillie Clay, from the Bureau of Medical Services, has really changed the way the Bureau is approaching health. Since beginning as worksite coordinator, Lillie has started the *WV Work It Out* grant program which they are still in the process of finishing up their Zumba classes.

In the time between applying and beginning the grant, the group started and completed the *Stepping Stones* program with an impressive amount of participation. The percentage of people who completed the post surveys was even more impressive. Lillie has already asked for another program to begin and has started posting flyers, health tips, and information on a huge bulletin board she purchased for the Bureau which can be far reaching in promoting health and wellness at a worksite.

She has educational lunch & learns scheduled through November and was able to get a licensed massage therapist to do free chair massages for her group. The BMS wellness program website is going great and they continue to plan activities and events.

