



## **Worksite of the Month: December 2011**

### **Musselman Middle School – Berkeley County**

Musselman Middle School met the goal again this year of having over 50% of their staff attend their annual health screen. This year they have successfully completed the *100 Miles in 100 Days* and *More Matters* Lifestyle Change Programs, with 100% of the participants meeting all the requirements for both programs. This worksite is also doing the *Weigh to Go Program!* over the holiday season. With the help of the worksite coordinator, the Musselman Middle School staff are continuously being offered help through ongoing programs to keep active and eat healthy. Thank you Julie Abel for all the enthusiastic efforts you put into getting your staff engaged in helping keep their bodies healthy.

