



Worksite of the Month: January 2012

WV DHHR – Cabell County

Todd Jones from Cabell County DHHR is the worksite coordinator for the month for January. Since Todd has become the worksite coordinator they have implemented Zumba classes on Tuesdays and Wellness Wednesdays (Yoga). Bonnie's Bus goes to their facility to conduct on-site mammograms for the employees. In December he coordinated a Health and Wellness Expo featuring HIMG (Doctor on Call) to give employees who had not yet selected a primary care physician the opportunity to do so, as well as ask pertinent questions about their health issues or concerns. Weight Watchers was also there to share low fat holiday recipes and healthy cooking tips. Also the Huntington YMCA came to give free passes to come and tour the facility and meet with the Weight Management Staff & Trainers. Also, Todd was able to secure a grant through the Pathways to Wellness program and used the money to update the gym at his worksite, increasing the number of people who use it to 85! Thank you Todd Jones for your dedication and hard work!

