



Worksite of the Month: November 2009

Monongalia County Schools Board of Education

Monongalia County BOE has been a participant in the Pathways to Wellness program since 2004. They have done an outstanding job of establishing wellness in the worksite by spreading the Pathways program into every school in the county, including transportation and maintenance. Thanks to the leadership of Janet Ackerman, the worksite coordinator, and Judy Reckart, the county wellness director, they've hosted healthy meals and lunchtime chats with speakers from Med Express and various other organizations. They both have also organized weeks of wellness which included line dancing, half hour walks, and personal trainers for exercise balls. Last year every school participated in the Stepping Stones program with overwhelming participation and success. Thanks ladies for all your hard work and contributions to increase awareness of wellness in the workplace. Take a bow!

