



FOR IMMEDIATE RELEASE

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**Catskill Regional Medical Center Supports
Sullivan County Workplace Wellness Summit**

October 4, 2018 – Loch Sheldrake, N.Y. – Catskill Regional Medical Center is proud to announce the upcoming Sullivan County Workplace Wellness Summit being held on Friday, October 26 at 5 New Hope Community Drive located in Loch Sheldrake, NY. The program runs from 9 a.m. to 3 p.m. This one-day training is a collaborative effort among Catskill Regional Medical Center, the American Heart Association, Cornell Cooperative Extension Sullivan County, Eat Smart New York Hudson Valley, HealthLinkNY, Sullivan County Department of Public Health Services, Sullivan 180, Sullivan Renaissance and Tobacco Free Action Communities who have all teamed up to provide a comprehensive day of education, information and inspiration to those that wish to grow a culture of health at their business or organization. This Summit is part of a larger regional movement entitled “Health Means Business” which works in conjunction with chambers of commerce to engage the business sector in health improvement initiatives.

While Sullivan County has struggled historically with low placement in the Robert Wood Johnson Foundation County Health Rankings, these partners are working on creating a community that actively embraces healthy living by promoting wellness and influencing policy change where most people spend the majority of their time, the workplace. By working together, the organizations are utilizing a Collective Impact Model—a best practice for solving complex, pressing social issues like those facing Sullivan County.

This training will feature speakers from regional and local offices that specialize in wellness committee development, health policy implementation and turn-key worksite wellness programs. The training will include Sullivan workplace wellness success stories and the afternoon highlight will be an energetic speed networking session with approximately six of our county’s worksite wellness programs that are ready to assist local worksites with free programs. The training will conclude with a commitment exercise and a very exciting challenge being offered up to all in attendance.

“As the host of the 2017 Worksite Wellness Awards, we are thrilled to see employers continue to prioritize their employees’ health. Small changes at the office or the warehouse can translate into big changes for families, insurances costs, and the overall health outcomes of Sullivan County,” said Cornell Cooperative Extension’s Health and Community Development Program Leader Malinda Ware.

“Sullivan can thrive as a hub of business growth and opportunity but that’s only possible with a healthy workforce. We are tremendously proud of the work that has already happened in the county to improve employee health. At last year’s training we had over 70 wellness champions trained and many of them went on to start wellness committees, educate co-workers, implement policy and make change. These worksites have adopted healthy meetings guidelines, become water friendly worksites, implemented healthy vending standards, created lactation spaces, formed teams for local walks and races and so much more. The committee has no doubt that this next workplace wellness event will be even more inspiring and meaningful”, said Director of Community Health for Greater Hudson Valley Health System Amanda Langseder.

“A healthy workforce is a productive workforce. Sullivan County’s leaders are committed to taking steps to improve the health and well-being of its employees and county residents,” said Public Health Director Nancy McGraw.

Pre-registration for the training is required. Registration is \$15 to cover the cost of a healthy lunch and materials. For more information, or to register, call Cornell Cooperative Extension Sullivan County at 845-292-6180 or email sullivan@cornell.edu. To register online, visit www.sullivancce.org/events.

About Catskill Regional Medical Center

A member of the Greater Hudson Valley Health System (GHVHS), Catskill Regional Medical Center is dedicated to providing quality health care to residents of Sullivan County and neighboring communities at its 218-bed main hospital campus in Harris and at the 15-bed Grover M. Hermann Hospital in Callicoon. The compassionate professionals at Catskill Regional Medical Center continually strive toward the hospital’s mission to improve the health of our community by providing exceptional health care. To learn more visit <http://crmcny.org>.

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