Greetings! Cornell Cooperative Extension-Orange County is pleased to offer our services in assisting your organization institute a worksite wellness plan. Having implemented our own worksite wellness plan for the last two years, we now have excellent models to share with you and, if interested, to offer as staff development. This project is a New York State wide initiative called CHANCE (The Collaboration for Healthy, Activity, and Nutrition in Children’s Environments).

Please take a moment to review the following list and let us know how we can help you to make simple changes within your work-site. Should we not hear back from you, a staff person will contact you in two weeks to answer any additional questions you may have.

___ **Think Your Drink or How Much Fat is in That?**-Interactive, fun activities designed to educate participants about the quantity of sugar in the sweetened beverages they drink. Provides hands on experience that they can use personally and professionally.

___ **Potty Talks**- A variety of healthy, fun fact sheets to be displayed inside bathroom stalls (i.e. Fiber, Choose My Plate, Sleep, Vitamin D, Water, At Your Desk Exercises, etc.)

___ **Healthy Snack and Lunch Choices**-We will share ways to provide healthy snacks at your worksite to employees or at trainings within a limited budget.

___ **Environmental Changes**-We will help you assess and implement healthy, low cost environmental changes within your organization (surveys, posters, bulletin boards, etc.)

___ **Physical Activity in the Workplace**-Assess your staff’s interests in physical activities and learn about easy workplace activities to promote improved health and work stamina.

___ **Lending Library**-develop your own wellness lending library – we can share resources to get you started.

Our Family and Consumer Sciences Department also provides programs on raising kids, eating right and spending smart. Please indicate your interest in receiving more information on any of the topics below:

___ Parenting/Relatives as Parents Program (RAPP)/Family Relationships
___ Nutrition/Food Safety/Childhood Obesity
___ Financial Management/Home Buyers Information
___ Other

Your Name ___________________________ Organization ____________________________

Phone ___________________________ Email address ____________________________

Any questions please contact:
Carley Smith, Nutrition Program Educator at 845-344-1234 or email cs627@cornell.edu

Suzan Sussmann, Parenting Education Coordinator at 845-344-1234 or email sls393@cornell.edu

Cornell University Cooperative Extension provides equal program and employment opportunities.