



Kentucky Personnel Cabinet Office of the Secretary

FOR IMMEDIATE RELEASE

Contact:

**Crystal Pryor
502-517-6046**

State employees participate in 2nd annual Journey to Wellness St. Patrick's Day walk

FRANKFORT, Ky. (March 17, 2010) — Today, the Kentucky Personnel Cabinet's Journey to Wellness program hosted the 2nd annual St. Patrick's Day walk. The walk began at 11:30 a.m. at the top the Capitol steps.

The Journey to Wellness program takes a strategic and comprehensive approach to wellness for all Commonwealth employees. The program provides wellness activities to assist employees in reaching their health and wellness goals.

In 2009, the Journey to Wellness program sponsored a Weight Wise challenge during which employees lost a collective 6,500 pounds. The program also engaged employees in wellness activities by hosting a Know Your Numbers health screening campaign, a fitness challenge, and prevention awareness activities that included smoking cessation. In total during its first full-year, the program reached more than 15,000 employees.

As part of the Commonwealth's wellness approach, many new initiatives are underway including implementing a wellness hotline for employees, building local partnerships to strengthen wellness awareness and the grand opening of four Frankfort-based First Onsite worksite health clinics available to state employees.

"Over the last year, the Commonwealth has made significant strides to break the ground on a meaningful worksite wellness program" said state wellness director, Stephanie Marshall. "Moving forward, we are going to take the right steps to increase the positive impact our program is having on state employee wellness."

To learn more about the Commonwealth's Journey to Wellness, visit <http://personnel.ky.gov>.

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