

## ACHIEVE Lake County, Ohio

An initiative funded by the Centers for Disease Control and Prevention (CDC). Each year, the CDC provides money to five national organizations who each award communities through a competitive grant. In Ohio, Lake County is one of five communities to receive funding since January 2008. ACHIEVE Lake County works to create and implement policy, system, and environmental change strategies throughout sectors of the community, specifically to increase proper nutrition and physical activity. Please visit [www.lakecountyohio.gov/achieve](http://www.lakecountyohio.gov/achieve) or locate us on Facebook for more information.



### ACHIEVE Partners:

Cleveland Clinic Family Health Centers

Council on Aging

Crossroads

Lake County Commissioners

Lake County Community Improvement Corporation

Lake County Educational Service Center

Lake County Free Clinic

Lake County General Health District

Lake County GIS Department

Lake County Job & Family Services

Lake County Planning Commission

Lake County YMCA

Lake Health

Lake Metroparks

Lakeland Community College

Leadership Lake County

NEIGHBORING

Ohio Department of Health

OSU Cooperative Extension Office

Painesville City Local Schools

Painesville Department of Recreation and Public Lands

Starting Point

Steris Corporation

Willoughby Parks and Recreation Department



**Action Communities in Health,  
Innovation, and Environmental  
Change**

## Worksite Wellness Workshop

**Date:**  
**May 20, 2011**

**Time:**  
**11:30 AM to 2:30 PM**

**Location:**  
**Physician's Pavilion at TriPoint**  
**7580 Auburn Road**  
**Concord Twp, Ohio 44077**

## Objectives

This workshop is for managers, administrators, and employees of Lake County businesses to obtain the tools and information necessary to implement policy and environmental changes in the workplace that directly benefit the health of all employees. The benefits of such changes include:

- Reducing health care costs and employee absenteeism.
- Preventing the major causes of illness, which reduce sick days, increase productivity, and decrease disability leave among employees.
- Improving employee job performance.
- Increasing employee morale and reducing turnover.
- Decreasing work-related stress levels among employees.



After 70 days alone at sea, 22 year-old Katie Spatz became the youngest person ever to row an ocean solo. No stranger to overcoming challenges, Katie has run across deserts, cycled across America, and is the first person to swim the 325 mile Allegheny River.

## Agenda

One Stroke at a Time 11:30 AM  
Key Note Speaker, Katie Spatz

Lunch Break 12:15 PM

Worksite Wellness, an Investment 12:30 PM  
Dr. Barbara Berkley, Lake Health

Wellness Activity and Break 1:30 PM  
Lake Health Wellness Institute

Lake County Business Panel 1:45 PM  
ACHIEVE Businesses

ACHIEVE Funding Opportunity 2:15 PM  
Tori Luyster, Lake County General Health District

## Registration

**REGISTER NOW** - Space is limited!  
To register, call 440-350-2451 and ask for Karen Sarosy.

Registration Fee: \$10.00 (includes lunch and workshop materials)

Cash or check only please. Checks should be made out to Lake County General Health District.

Checks should be mailed to:  
Lake County General Health District  
Attention: Karen Sarosy  
33 Mill Street  
Painesville, Ohio 44077

Registration Deadline: May 13, 2011

### Lunch Options:

\*Roast Beef Wrap      \*Ham Wrap  
\*Turkey Wrap      \*Tuna Salad Wrap  
\*Veggie Wrap

Lunch includes baked chips, cookie, fruit, and bottled water. You may place your lunch order when you call to register.

