

RESOLUTION NO. 830

**A RESOLUTION OF THE CITY COUNCIL OF LYNDEN, WASHINGTON,
AMENDING RESOLUTION NO. 549 ESTABLISHING POLICIES RELATED TO THE
WELLNESS PROGRAM.**

WHEREAS, the City of Lynden began its Wellness Program in 1995 to aid and encourage employees in maintaining good physical and mental health; and

WHEREAS, this program educates and reinforces employee health awareness and helpful lifestyle choices and typically increases participants' awareness of their health options by helping them to acquire the knowledge, skills and motivation to achieve and maintain healthy lifestyles; and

WHEREAS, employees from each department are encouraged to volunteer to participate on the Wellness Committee for a two-year term; and

WHEREAS the Wellness Committee holds meetings on a regular basis for a minimum of one hour per month and additionally meets or prepares for Wellness events during regular office hours; and

WHEREAS, the mission of the Wellness Committee is to provide information and opportunities for promoting and encouraging health and safety in the workplace, while improving self involvement, morale and teamwork; and

WHEREAS, employees are encouraged to participate in various health awareness programs on a voluntary basis; and

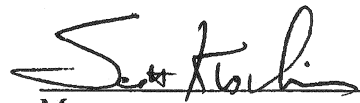
WHEREAS, Council supports the continuation of the Wellness Committee and the Wellness Program; and

NOW, THEREFORE;

In order to contribute to the health and well being of City employees the Wellness Committee pledges the following:

- Employees may participate in select activities on a voluntary basis during regular office hours, when time allows.
- Improve the quality of life through knowledge about health and lifestyle.
- Decrease the usage of health care services under the current provider's health benefits plan.
- Decrease the incidence of workplace injuries and the severity of injury claims expense.
- Reduce sick leave usage.
- Improve employee morale and well being.
- Demonstrate to employees that the City of Lynden cares about the health and well being of its workforce.
- Increasing recreational or other opportunities which lead to improved physical and emotional health and reduce stress.


Passed and adopted by the City Council of the City of Lynden, Washington the 20 day of December, 2010.


Mayor

Attest:


City Clerk

Approved as to form


City Attorney