



Old Bridge Boosts Employee Health

Mayor Owen Henry and his Health & Wellness Council kicked off the Mayor's Health & Wellness initiative for 2018, encouraging all Township employees to live a healthier lifestyle. The Health and Wellness fair took place at the Old Bridge Township Library meeting room, where employees were able to interact and learn from health screenings, restaurant owners and chefs, therapists, doctors of chiropractic medicine, gym trainers and professionals.



Mayor Owen Henry (center) joins town employees learning about healthy eating.



Old Bridge employees at the Health and Wellness Fair.

The Mayor set up an eight week "FIT" challenge and for eight weeks Mondays, Wednesdays, and Fridays were evaluation days to help employees with their process. On Mondays, doctors and professionals showed 10 to 15 minute presentations and answer questions. Wednesday was set up for employees to check weight and measurements in with nutritionists, pharmacists, physical therapists, and trainers. Fridays were pampering days where employees can enjoy massages, makeovers, motivational conversations, yoga, meditation, and more.

"I'm encouraging everyone to practice an active lifestyle, healthy eating, and routine health screenings," said Mayor Henry. "A healthy lifestyle can be equally important in your mental health and sense of wellbeing."

This program will encourage and educate Township employees and residents to healthier life choices. Mayor Henry plans to roll out this Health & Wellness initiative to the community after the employee program is complete. 🍌