

# LYNDON SECURITY SERVICES HEALTH & WELLNESS TEAM



## Committee Team Members 2011-2013

LeeAnne Feddes (Chair), Nell Vanderheide (Committee Member), Shelley Smith (Committee Member), John Helferty (Committee Member), Jeff McKee (Committee Member), Patty Sanderson (Committee Member), Heather Foster (Committee Member).

## Goal of the Team

The goal of the committee is to guide the wellness efforts within Lyndon Security by developing and promoting a comprehensive workplace health program to help participants achieve their goal in a safe environment. Lyndon's Wellness Program promotes physical, mental health and healthy lifestyles for all employees.

## Objectives of the Team

Collectively develop a *Work Plan* with a focus on implementing healthy living activities, programs, strategies and promotional material for workplace health benefiting individuals, co-workers/families and Lyndon Security.

Members will strive to represent peers and co-workers by sharing ideas, needs, concerns and feedback from work areas about proposed Health & Wellness programs. Be a voice of support for a culture of health, carrying the message from the Health & Wellness committee to work areas and colleagues. On a biennial basis, employees will voluntarily complete a health & wellness survey. A new assessment will be completed and reviewed at this time the objectives of the committee could change according to survey results.

**Membership**

Membership of the committee is representative of the employee base of Lyndon Security therefore the committee will strive for broad representation to ensure all groups are fairly represented. The number Length of membership is two years. Participation on the committee is voluntary; members will be recognized by Lyndon Security.

**Contact**

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