



# Science and Action for Health ACROSS LA COUNTY

## PUBLIC HEALTH WEEK

April 1 - 5, 2019

### DAY 2: Employee Wellness Expo

Grand Park, Downtown LA

April 2, 2019 11 am – 2 pm

#### Employee Wellness

Employee wellness programs are a recognized Best Practice in employee retention and job satisfaction. Such programs also inspire long-term healthy changes, like quitting smoking, addressing high blood pressure and maintaining a healthy weight. When employee wellness is a priority, both employee and employer benefit.

#### DPH Prioritizes Supporting a Healthy Workforce

The Department of Health (DPH) believes that employees are the Department's greatest asset. As a part of its 2018-2023 Strategic Plan, DPH has made Investments in Staff one of its core priorities. DPH has implemented strategies to create a "Just Culture" that values employee safety and their physical and emotional wellness.

DPH is also working to create a comprehensive Employee Wellness program, ensuring that employees feel safe in their work environment and providing access to opportunities for increased physical and emotional well-being.



#### The Employee Wellness Expo

On April 2, 2019, DPH, in collaboration with the Department of Human Resources, will host an Employee Wellness Expo for all County employees. Labor partners and health plans are also key partners in this event. The Expo features live exercise demonstrations and vendor booths, and promotes access to health resources to all employees.

April is also Employee Health and Fitness Month. In honor of this, DHR and DPH are also launching the Countywide Fitness Challenge. This year-long program is designed to increase employee morale, engagement and improve health.

Employees and their families can participate in various employee wellness events scheduled throughout the year, including health fairs and weekly exercise classes.

Hosting the Expo and subsequent employee wellness events provides opportunities and resources for all County employees to improve their health and connect with others.

For more information visit:

<http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/>

